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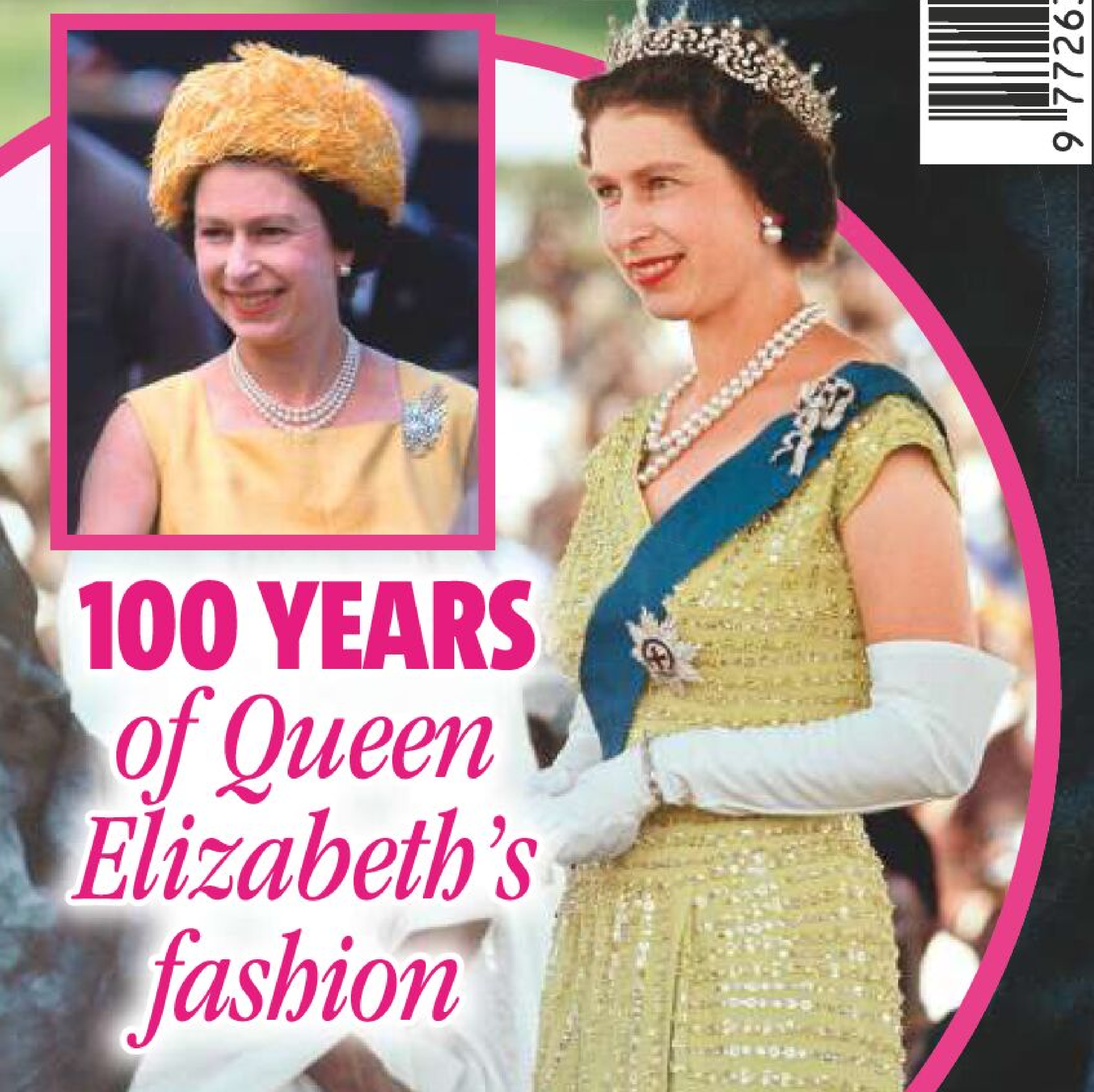
EXCLUSIVE

EUGENIE 'TORN' OVER HARRY FRIENDSHIP

'Royals think she should cut ties'



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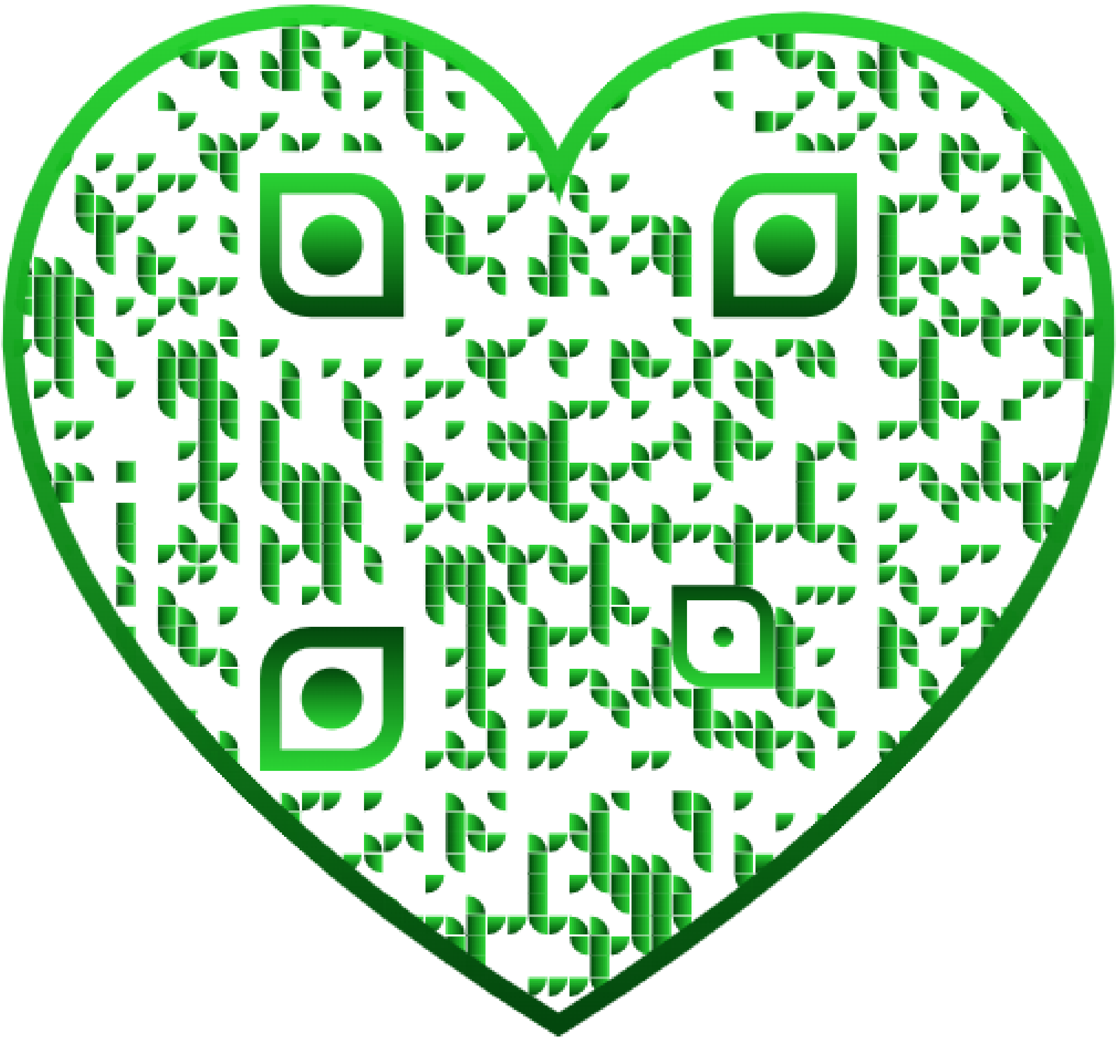

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A dramatic cosy season

It's been a complex few months for the royals, with their extensive family dramas still hitting the headlines each week. And now in a surprising turn of events, *Bella* can reveal that two once rock-solid royal relationships are on their own rocky paths.

We're told Princess Eugenie is being encouraged to distance herself from her cousin Prince Harry and his wife Meghan Markle once more, and we have also learnt that Princess Catherine and Queen Camilla are in the midst of a particularly strained patch as they navigate their roles as senior working royal women. Read more about these tensions from page 6.

In this issue of *Bella Monthly* Royal News, we have an exciting glimpse into an upcoming exhibit of the late Queen Elizabeth II's incredible outfits and extensive wardrobe, plus we share with you an interview with Princess Diana's friend, confidante and former royal butler Paul Burrell. We also have a 23-page mini-mag looking back on the royal tours of the past.

As the weather turns cooler, we're looking forward to cosier days, and our lifestyle pages are filled with delicious autumnal recipes, fashion, beauty and health advice and travel ideas inspired by the royals. Enjoy!

By Rachel Jones, **Pictures** Alamy

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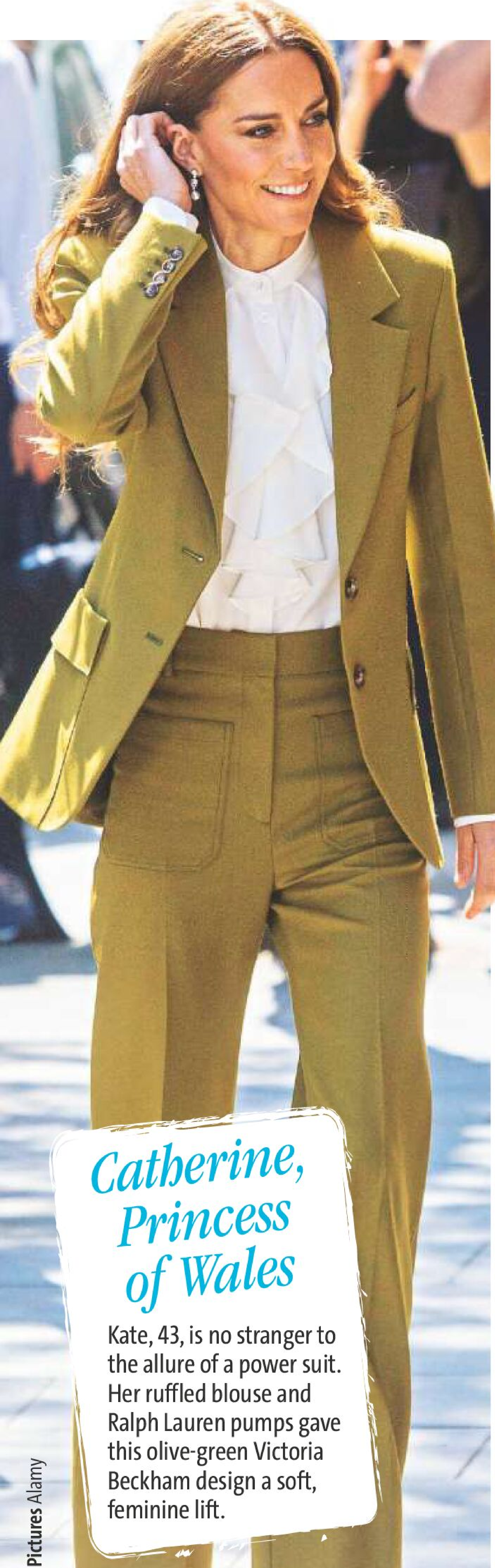
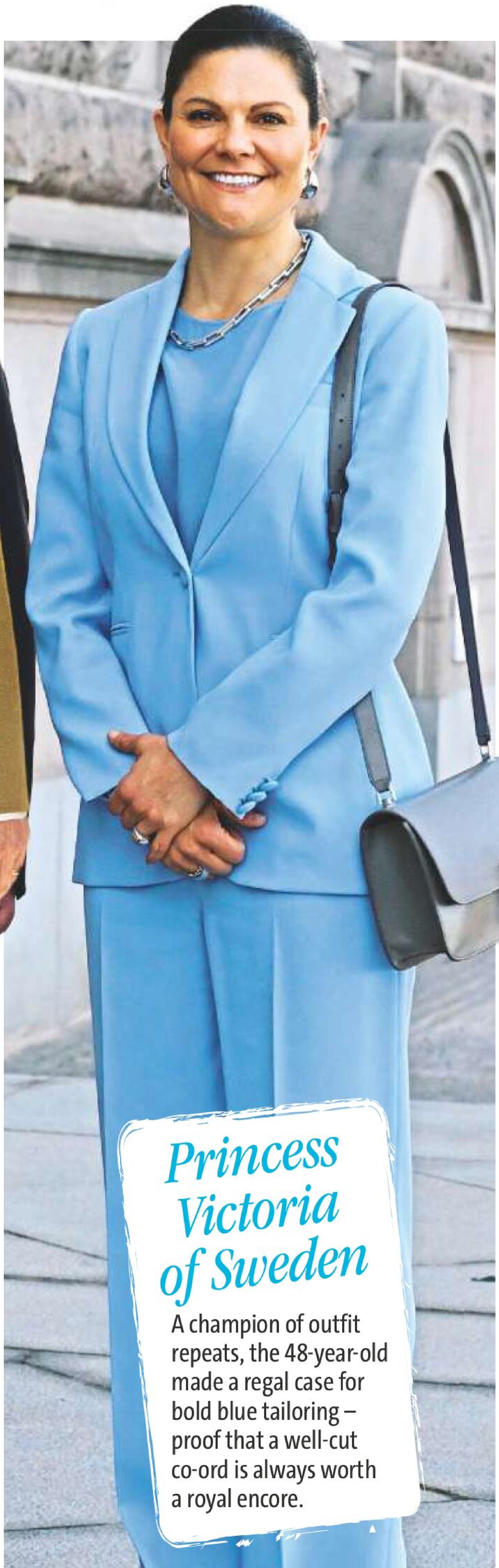
Colourful



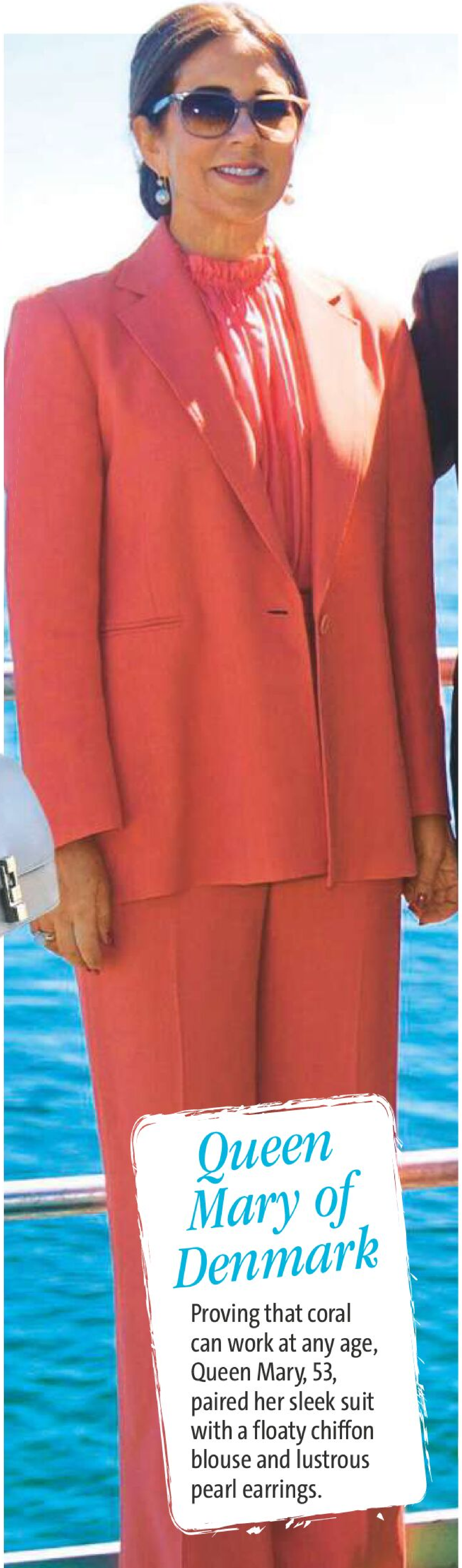
Catherine, Princess of Wales

Kate, 43, is no stranger to the allure of a power suit. Her ruffled blouse and Ralph Lauren pumps gave this olive-green Victoria Beckham design a soft, feminine lift.



Princess Victoria of Sweden

A champion of outfit repeats, the 48-year-old made a regal case for bold blue tailoring – proof that a well-cut co-ord is always worth a royal encore.



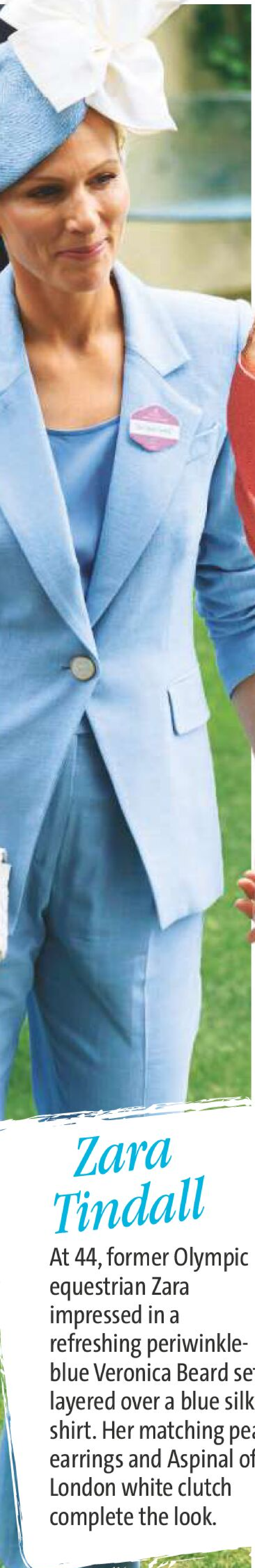
Queen Mary of Denmark

Proving that coral can work at any age, Queen Mary, 53, paired her sleek suit with a floaty chiffon blouse and lustrous pearl earrings.

By Holly Downes, **Pictures** Alamy

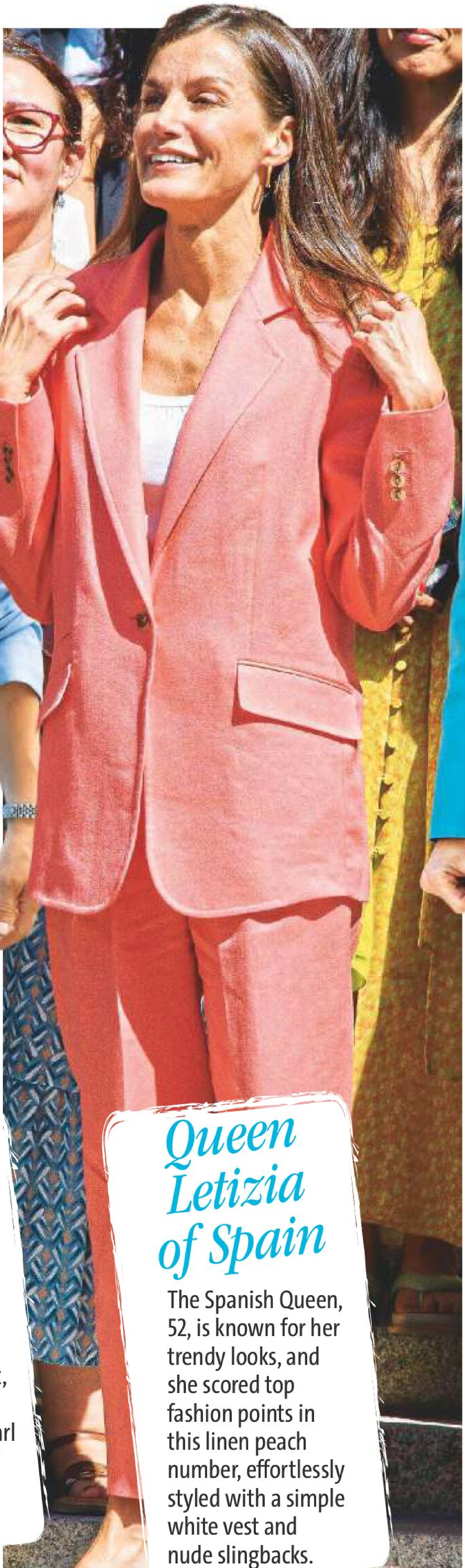
suits

More royals are making a statement in tailoring



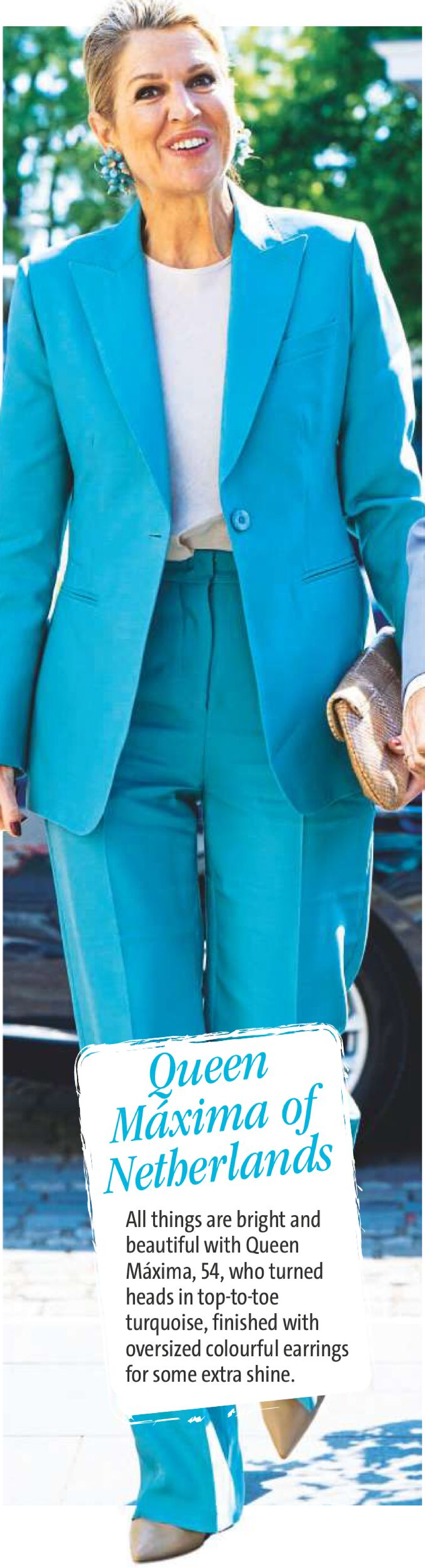
Zara Tindall

At 44, former Olympic equestrian Zara impressed in a refreshing periwinkle-blue Veronica Beard set, layered over a blue silk shirt. Her matching pearl earrings and Aspinal of London white clutch complete the look.



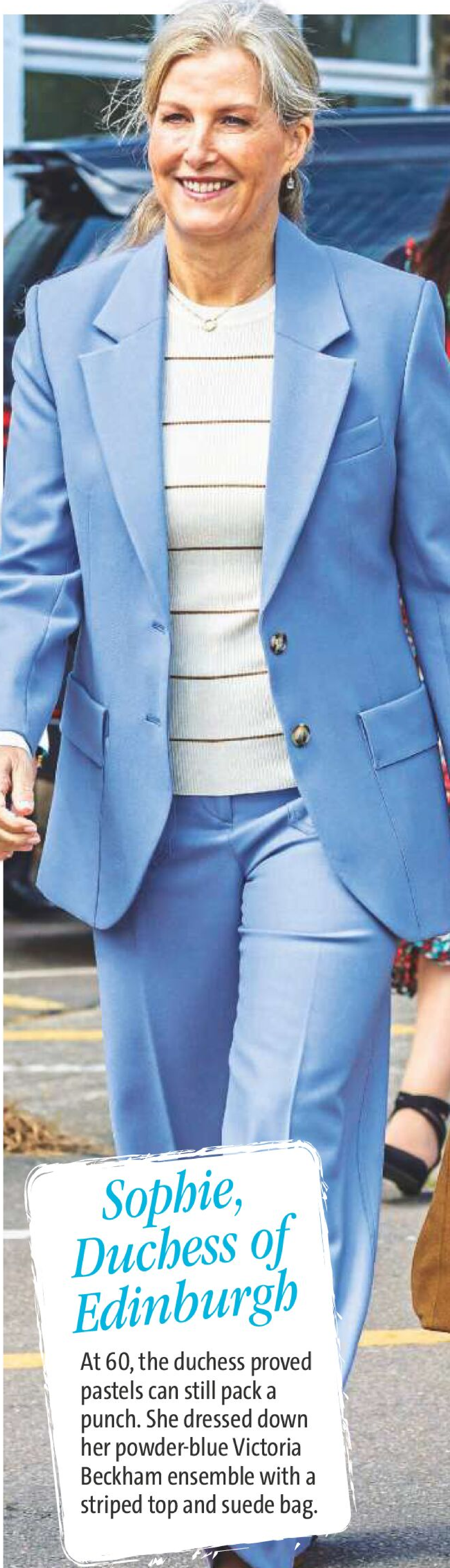
Queen Letizia of Spain

The Spanish Queen, 52, is known for her trendy looks, and she scored top fashion points in this linen peach number, effortlessly styled with a simple white vest and nude slingbacks.



Queen Máxima of Netherlands

All things are bright and beautiful with Queen Máxima, 54, who turned heads in top-to-toe turquoise, finished with oversized colourful earrings for some extra shine.



Sophie, Duchess of Edinburgh

At 60, the duchess proved pastels can still pack a punch. She dressed down her powder-blue Victoria Beckham ensemble with a striped top and suede bag.

Exclusive

Eugen
as she
cut tie

Princess Eugenie faces a dilemma

Eugenie and husband Jack used to double date with the Sussexes

ie ‘torn’ ’s told to s with Harry

Prince Harry has remained close to his cousin

Prince Harry and Meghan Markle’s last link to the royal family could soon come to an end

Princess Eugenie has always been known as one of the more open and modern members of the royal family, close to her cousins and unafraid to chart her own path. But a source tells *Bella Monthly* her enduring friendship with Prince Harry and Meghan Markle is causing ripples within the York household and beyond. According to Palace insiders, Eugenie remains the Sussexes’ only real link to the family.

‘Harry and Meghan don’t have relationships with any of the other Yorks,’ says one well-placed source. ‘Eugenie is their lifeline back to Britain. She’s been there for them from the beginning, but it’s put her in a very difficult position.’

> ‘Eugenie is their lifeline’

Eugenie – who is thought to have known former *Suits* actor Meghan before she started dating Harry in 2016 – and her husband Jack Brooksbank were the first members of the royal family to see them as a couple, with the foursome going on double dates together in the infancy of the Sussexes’ romance. Harry recalled in his controversial 2023 memoir *Spare*, ‘I remember Euge hugging Meg as if they were sisters.’

But behind the scenes, the Yorks are said to be deeply uneasy about 35-year-old Eugenie’s loyalty to the Sussexes. ‘It’s causing tension,’ the source continues. ‘Her relatives think she should cut ties. They feel her closeness to Harry and Meghan risks dragging the whole family into drama that they don’t need.’

The couple have burnt bridges with the royals

That drama only intensified recently when the biography *Entitled: The Rise and Fall of the House of York*, written by historian Andrew Lownie, claimed Harry, 41, once punched his uncle Andrew on the nose after a row about Meghan, 44. Harry’s camp has strongly denied the story, but the tale had been doing the rounds in royal circles years before Lownie’s book. ‘Nobody knows if it was a real punch-up, but the rumours have been around for years,’ says one source. It shows just how toxic things became, even if it didn’t end up in a fist fight.’

Prince Andrew, 65, himself continues to be a lightning rod for the family. Despite being handed an eviction notice earlier this year, he has refused to leave Royal Lodge, the sprawling Windsor residence he shares with his ex-wife Sarah Ferguson, which was once earmarked for the Prince and Princess of Wales. ‘It was supposed to be a symbol of the future of the monarchy,’ our insider explains. ‘But Andrew dug his heels in, threatened to go public with his own memoir, and Charles caved. William has now opted to move to

Continued over the page...

Andrew and ex-wife Sarah still live in Royal Lodge

Meghan has been hit with more bullying allegations

Forest Lodge instead.' The stand-off has reinforced the sense that Andrew is unwilling to fade quietly into the background.

'He still pushes to be seen, and he still pushes his daughters forward,' adds the source.

And for Andrew, Eugenie is viewed as his best hope. 'He genuinely believes she's a great ambassador for the York family. Eugenie enjoys the spotlight far more than Beatrice, who was badly burned by her depiction in *A Very Royal Scandal* [the Amazon drama that showed her urging her father to do his infamous *Newsnight* interview with Emily Maitlis]. That really scarred her.'

Meanwhile, the Sussexes have been rocked by fresh bullying allegations against Meghan during the summer – raised by a former royal aide – which threatened to undo the Sussexes' attempts at rebranding. 'It couldn't come at a worse time,' a source admits. 'They're trying to soften their image and worm their way back into some form of reconciliation. But every new claim knocks them further back. And the truth is, most of the family doesn't want a peace deal anyway.'

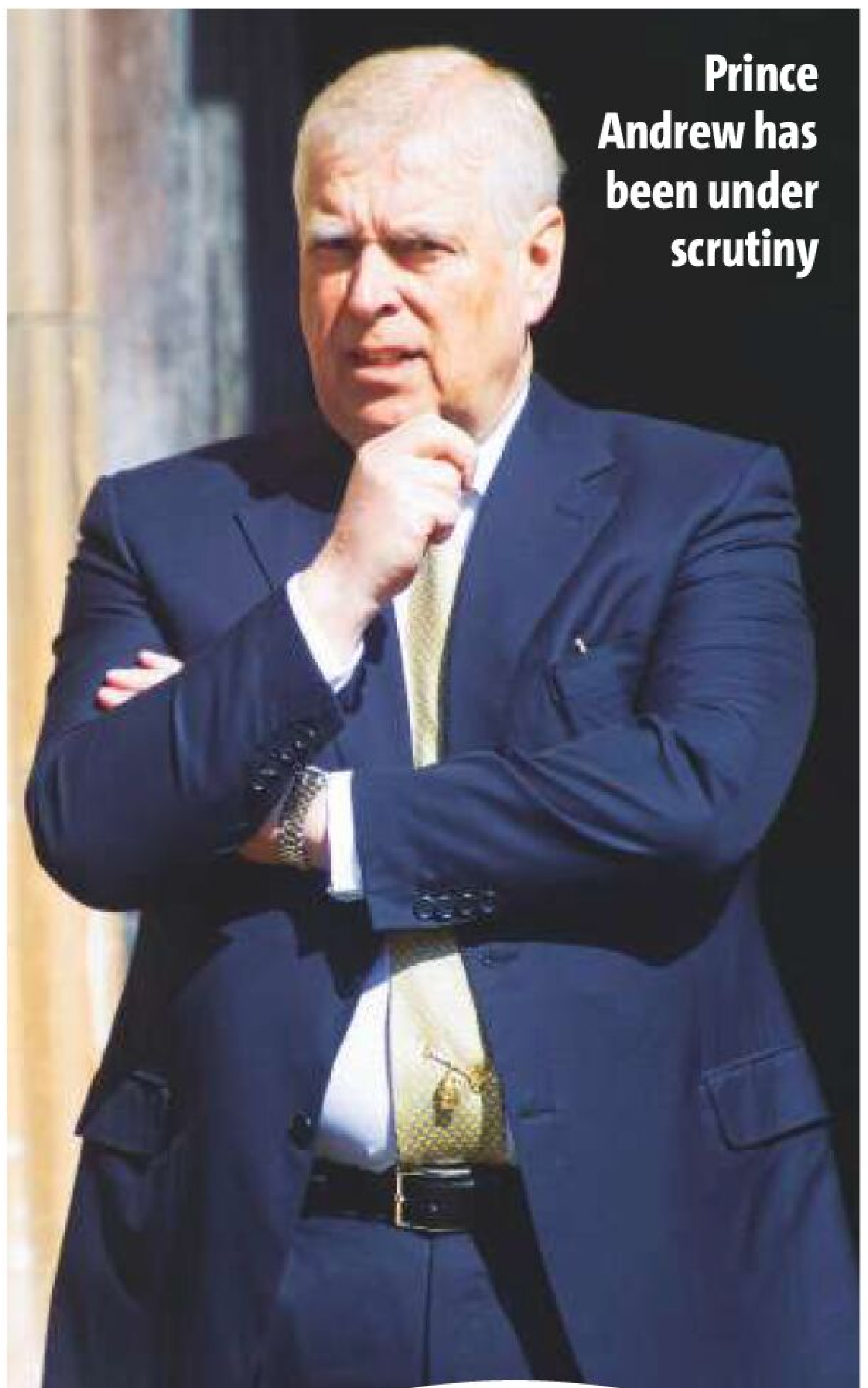
While Eugenie tries to navigate her Sussex ties, the wider York family face an even bigger storm on the horizon. This October, a memoir by Virginia Roberts Giuffre – completed before her death in April – is due for release, and insiders believe it will be explosive. 'Beatrice and Eugenie are beside themselves with worry,' says a source close to the sisters. 'Bea, in particular, is fiercely protective of her father. She doesn't think he can take another public flogging. Every time the Yorks start to climb back up, another revelation comes out and drags them down again.'

'It's causing tension'

Princess Beatrice wants to support her family

The book is expected to reignite scrutiny of Prince Andrew's links to Jeffrey Epstein, with fresh rumours persisting that it was Sarah Ferguson – not Ghislaine Maxwell – who first introduced him to the disgraced financier. 'That's a narrative the family dreads,' the source says. 'It paints Andrew and Fergie in a terrible light, and with Ghislaine starting to talk, the fear is it could bring down others too.'

King Charles and Prince William are said to be deeply concerned, with the matter dominating discussions at the Balmoral summit this summer. 'They know the Yorks are a liability. The thinking is that drastic action may be needed to contain the fallout.' Options reportedly on the table include banishing Andrew – and possibly the Yorks more widely – abroad for much of the year, limiting their public exposure. 'It sounds extreme, but the feeling is that the monarchy can't keep being dragged back into scandal,' explains the insider. For Eugenie, the timing could not be worse. Her friendship with the Sussexes already puts her at odds with parts of the family, while the impending memoir threatens to throw her father back into the spotlight. 'She's torn,' says



Prince Andrew has been under scrutiny

Princess Eugenie with sister Beatrice (left)

It's claimed Harry had a fight with Andrew

Harry and Meghan live in the US with their children

a friend. 'She wants to be loyal to Harry, but she also knows her family is on the brink of crisis. It's a lot to juggle.'

Eugenie's bond with the Sussexes has only deepened since Harry and Meghan purchased a multimillion-pound villa in Portugal – introduced to the CostaTerra resort by Eugenie and her husband Jack, who works for the Discovery Land Company, the organisation behind the project. 'It's become their European bolthole,' says one source. 'And the fact they chose somewhere Eugenie holidays every year shows just how intertwined their lives remain.' And with Palace patience wearing thin, some insiders warn Eugenie may soon be forced to make a choice. As one source puts it, 'If she stands by the Sussexes, she risks alienating her own family. But if she pulls away, she loses two of the people she feels most connected to. The Portugal link makes that loyalty even harder to drop – it's not just friendship, it's shared space, shared summers. It's a no-win situation.'

'Andrew pushes to be seen'

For now, Eugenie remains a rare bridge between the Sussexes and the rest of the Windsors. But with scandal looming, and pressure mounting from every direction, even that bridge may not hold for much longer. And if Harry and Meghan spend more time in Portugal, alongside Eugenie and Jack, it may only cement the impression that her loyalties lie firmly with the Sussexes – whether the rest of the royal family likes it or not.

By Nathan Kay, **Pictures** Alamy, Instagram/Meghan Markle

Exclusive

Tensions 'rise' b Kate &

Kate is at the centre of new royal tension

As the Princess of Wales slowly returns to engagements, sources say the Queen fears being outshone

During public appearances, the sight of King Charles, Queen Camilla, Prince William and Kate Middleton standing side by side projects an image of unity and security to many.

However, behind the smiles and waves, there are rumours that all isn't as amicable as it appears. For although Camilla and Kate have often been a great support for one another – especially in recent years – rumoured tensions are said to be bubbling under the surface.

Since marrying Prince William in 2011, Kate, 43, has been an immensely popular member of the royal family. Praised for her elegant style, hard work ethic and family values, Kate was immediately accepted into the fold and has stepped seemingly effortlessly into the spotlight. On the other hand, Camilla, 78, is famed for her loyalty to King Charles and for a traditional, less 'showy' approach. In contrast to Kate's immediate acceptance into the public's hearts, Camilla has worked hard to gain favour. Although their differences define them and their stories, it has said to have caused a clash between the two royals, as Camilla feels a sense of being pushed aside as Kate continues to increase her public duties following treatment for cancer.

'Kate's return is queenly'

For their first engagement since

etween Camilla

Queen Camilla has worked hard to gain popularity

Camilla and Kate are known to get on well

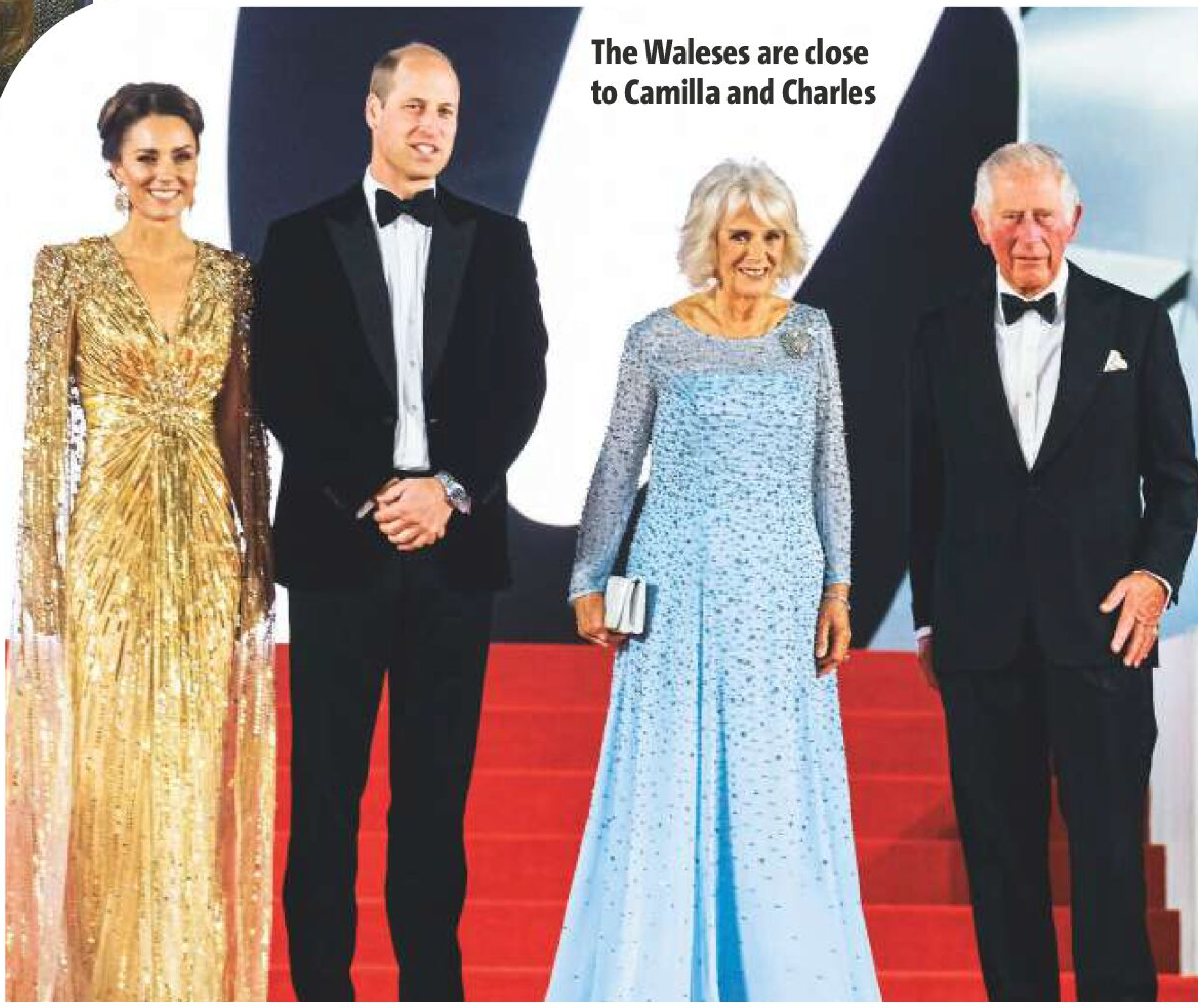
Kate's recent engagement stole headlines

the summer break, William and Kate visited the Natural History Museum in London. There was much attention on their outing, particularly as Kate debuted a new blonder hairstyle (which she changed back to brunette a few days later). Meanwhile, that same day, Camilla met pupils of a local school as she was taken around south London's Dulwich Picture Gallery.

'Camilla doesn't like the idea of being outshone at engagements,' an insider tells *Bella Monthly*. 'She's worked hard to establish herself after years of criticism, and suddenly Kate's returned presence feels very… queenly.'

Although the women have always appeared to get on throughout the years, this isn't the first time Camilla has been unsure about her daughter-in-law. When Prince William introduced Kate to his family, it was Camilla who was hesitant about their relationship. 'I'd heard that Camilla wasn't very keen on Catherine,' royal expert Tom Quinn said. 'She didn't shoot, she's not into horses particularly. There was too much of a gap and

'Camilla won't be outshone'


The Waleses are close to Camilla and Charles

Continued over the page...

Charles was known to feel overshadowed by Diana's fame

Charles and the future of the monarchy

Camilla wants the focus to be on her

William would feel it.' Inevitably, Camilla's opinion changed towards the young woman, as Tom then added, 'I think it's true to say that Camilla later warmed to Catherine and recognised her solid virtues.'

Over the years, Camilla's affection for Kate grew. The pair have much in common – most significantly that they are both married to future kings, which bears a weight only the royal family can truly understand. They also were both considered 'outsiders' before entering the fold – Camilla as the 'other woman', and Kate as a 'commoner' from a more humble background. Royal biographer Angela Levin previously remarked, 'Camilla gets on very, very well with Catherine and helped her to understand the way you needed to be in the Palace because it's very difficult.'

In recent years especially, it's clear that Camilla and Kate are close. They always look at ease in each other's company and support each other in times of need. In the past year, they will have done so enormously when both Kate and King Charles faced cancer diagnoses. Despite this, it's known that Camilla and Charles don't want to be overlooked by the popular younger royals. During Charles's marriage to Princess Diana, he was apparently envious of the attention she received. After their wedding, Diana arguably became the most famous woman in the world and was adored by the public – so much so that people would complain at walkabouts if they got Charles's side when they wanted to meet Diana instead. It was such a point of contention that Diana even brought it up in her famous explosive interview with Martin Bashir.

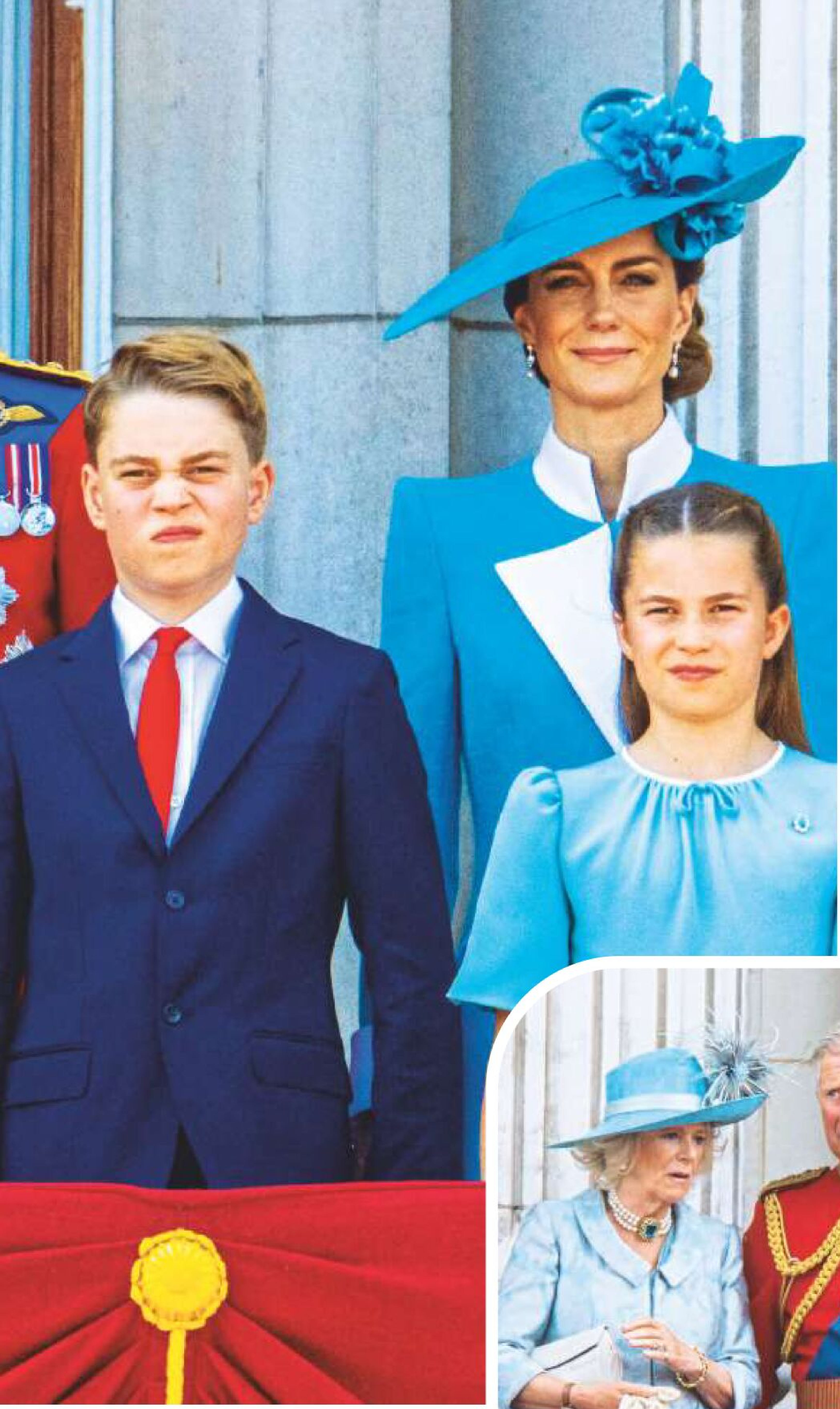
Now, decades later, it's reported that Charles and Camilla get upset by 'diary clashes' with the younger royals. It's so sensitive a topic that when their aides met recently with those of Prince Harry and Meghan, both parties discussed sharing diaries so that Harry and Meghan's announcements and projects would stop coinciding with theirs. This followed Harry's walk for The HALO Trust stealing limelight from Camilla's birthday portrait. A source said, 'If the royal family have full sight of Harry's movements, they can at least plan accordingly. It's a significant gesture.' And with Kate taking on more public duties, it may be that Charles and Camilla will require this from William and Kate too.

'Camilla wanted to be Queen'

When Kate stepped back from public duties due to health issues earlier this year, Queen Camilla reportedly relished the opportunity to take centre stage. But now, with Kate gradually appearing at engagements more often, Palace staff are said to be managing a delicate balance, encouraging Kate to 'pace herself' so as not to outshine Camilla.

A source reveals that now Kate is well on the road to a full recovery, the Wales family are ready to make their mark. They've taken on a new home, Forest Lodge in Windsor, which they will move to later this year, they've expanded their team, and are taking on new responsibilities. Although it sounds like a lot on their plate, Palace staff are encouraging Kate's return slowly,

By Amber Connolly and Nathan Kay, **Pictures** Alamy



He will pass on the reign to William

Charles waited a long time to become King

to make sure she's comfortable with her work-life balance. However, when Kate's return is fully realised, Camilla may fear her work will feel sidelined. A source recently said of Camilla, 'She loves her responsibilities. Her whole life, she has always wanted to be Queen, so she doesn't want to let it go fast.'

Camilla is undoubtedly aware that her time as Queen is unlikely to be as lengthy as previous monarchs – something which King Charles is reportedly battling with himself. A source says, 'Charles is very aware of time. His reign began later in life than he ever expected. Now, he feels the clock is ticking.' This can be noted in how much he has worked in the past year, despite his ongoing cancer diagnosis. In 2024, Charles carried out a staggering 372 official engagements, compared with 133 the previous year and 161 in the first year of his reign.

Charles and Camilla's fear of being 'pushed out' may also be emphasised by discussions surrounding Prince Harry's possible return to royal life. A friend of Harry's said, 'It's not just about titles. It's about being recognised, having a role. Right now, he feels invisible – no relevance, no recognition.'

As Harry and Meghan – and their exclusion from the fold – often dominate headlines, this would likely push King Charles and Camilla further from the spotlight.

While Charles is conscious of time and determined to secure his legacy, William is preparing to shape his own future. As for the women, while Camilla may be wary of being overshadowed, she is equally prepared to stand her ground. Meanwhile, Kate, as a modern royal with star power may unintentionally tip the balance, their differences can complement each other and bring them together, rather than apart. After decades standing by each other's sides, Kate and Camilla inevitably have each other's best interests at heart, as families so often do. While the pair come together to work side by side once more, we're sure they will find a way to move forward that suits everyone.

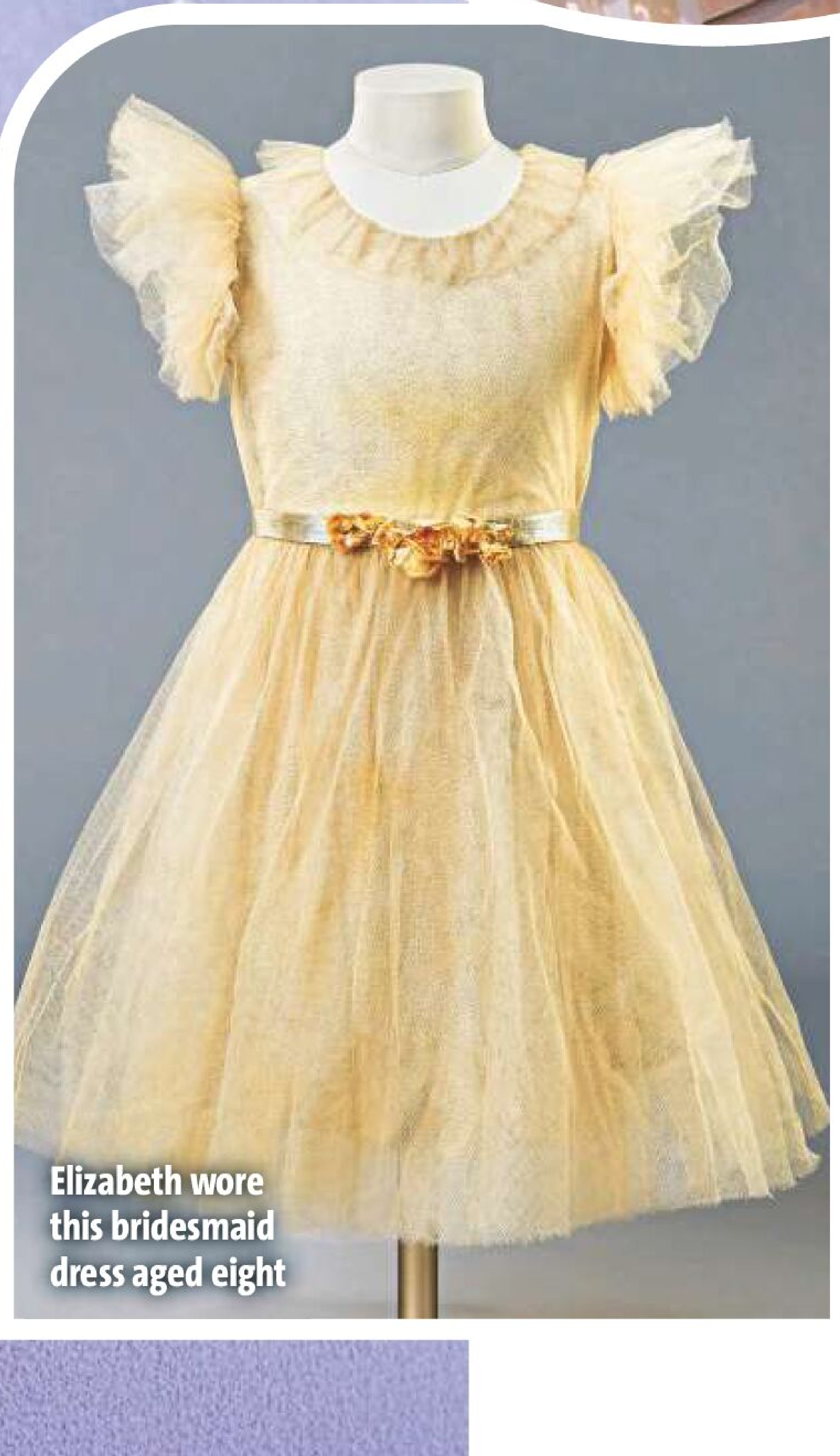
'He feels the clock is ticking'

Prince Harry's HALO Trust walk clashed with Camilla's birthday

Quee

The royal's iconic fashion is being remembered

The late Queen was known for her bold fashion choices



Elizabeth wore this bridesmaid dress aged eight

n Elizabeth II's 100 years of fashion

An upcoming exhibition will feature never-before-seen pieces of the monarch's wardrobe

Her most iconic looks are going on display

Pictured in the dress in 1934

Next year will mark 100 years since the birth of Queen Elizabeth II, and to celebrate the occasion, The King's Gallery at Buckingham Palace will host the largest and most extensive exhibition of the late Queen's iconic and impeccable style. There will be approximately 200 items on display, with half on them being on show for the very first time.

The exhibition, *Queen Elizabeth II: Her Life in Style*, will focus on the fashion that she wore during all 10 decades of her life, from clothing and jewellery, to hats and shoes. It will follow the story of Britain's longest-reigning monarch, from her birth on 21 April 1926, to her transition from princess to Queen in 1952, and through her strategic and diplomatic dressing in front of the world, as well as her off-duty style.

> **'It's the story of a lifetime'**

The exhibition will be on show from spring to autumn 2026, with tickets going on sale this November. Visitors will be able to view never-before-seen design sketches, fabric samples and handwritten correspondence between Her Majesty and her trusted designers that show the behind-the-scenes process of creating and dressing one of the most famous women in the world.

There will also be a book to accompany this landmark exhibition. *Queen Elizabeth II: Fashion and Style* will feature contributions from designers and experts, as they delve into the Queen's clothing archive and her lifelong championing of the British fashion industry. The book is written by Caroline de Guitaut, who is also the curator of the exhibition and Surveyor of the King's Works of Art.

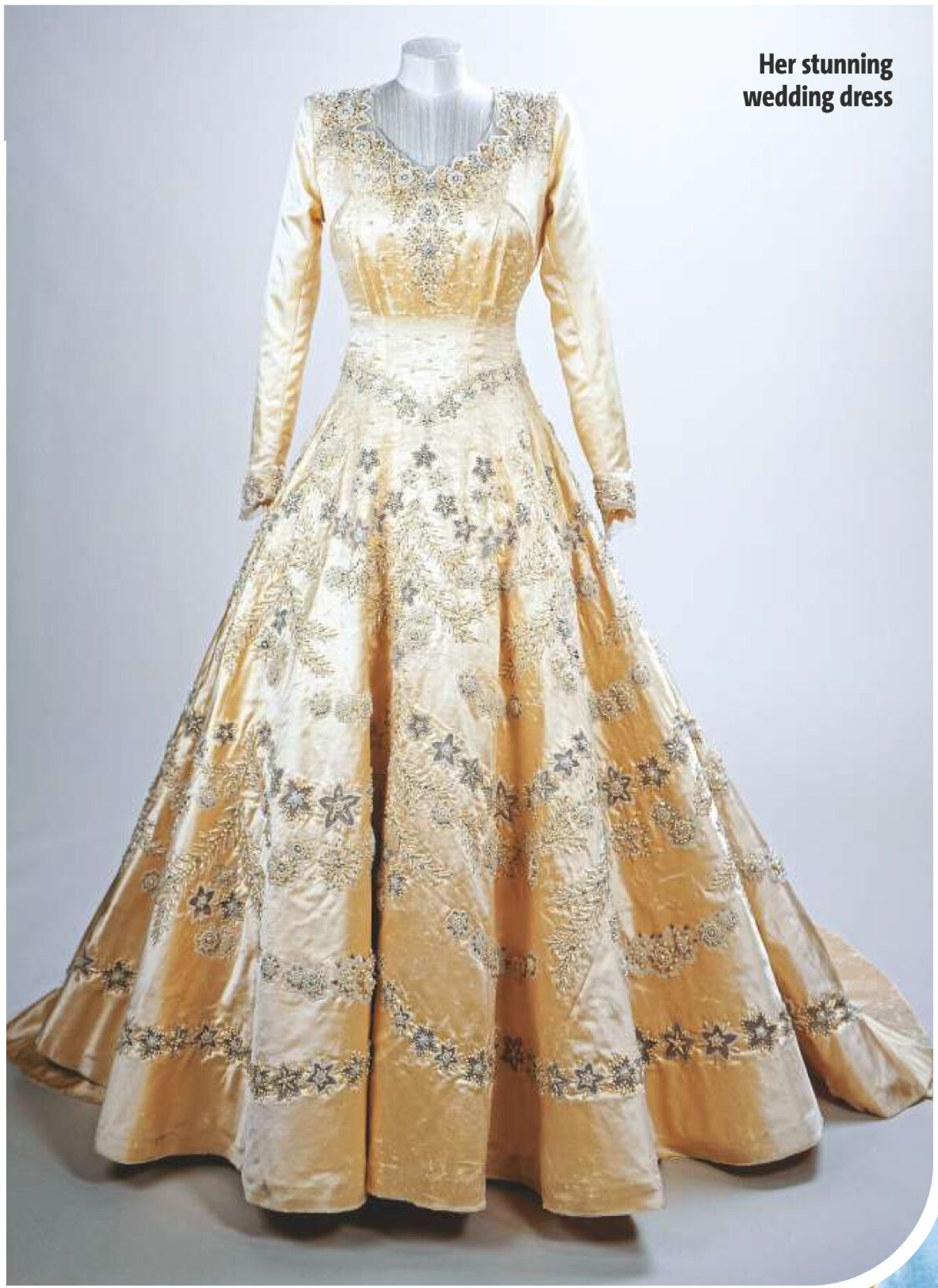
Caroline says, 'In the year that she would have turned 100, this exhibition will be a celebration of Queen Elizabeth's uniquely British style and her enduring fashion legacy. Over the course of Queen Elizabeth II's remarkably long reign, her distinctive style became instantly recognisable around the world, bolstering the British fashion industry and influencing generations of designers and couturiers.

'Only now, as the late Queen's fashion archive comes under the care of the Royal Collection Trust, can we tell the story of a lifetime of thoughtful style choices – from her understanding of the soft power behind her clothing, to the exceptional craftsmanship behind each garment.'

While the full line-up of the

Continued over the page...

Many of the outfits come from her royal tours



Her stunning wedding dress

items to be displayed has not yet been shared, there are some specific pieces we know will be on show and many for the first time. This includes one of the earliest surviving pieces from her childhood years: a silver lamé bridesmaid dress designed by Edward Molyneux that Queen Elizabeth II wore at the age of eight for the wedding of her uncle, the Duke of Kent, to Princess Marina of Greece in 1934.

Other items on display will include her wedding dress to Prince Philip in 1947, and her Coronation dress from 1952, both of which were designed by Norman Hartnell, who was given the Royal Warrant as Dressmaker to the Queen Mother in 1940, and then Queen Elizabeth II in 1957.

While Queen Elizabeth II was often commended for her well thought-out outfits, Norman said, 'The Queen and Queen Mother do not want to be fashion setters. That's left to other people with less important work to do.' But the Queen understood the role that her outfits played, as Hazel Clark, a professor of Design Studies and Fashion Studies at Parsons School of Design, said, 'I would rather describe the Queen's dress choices as "non-fashion" but with a very strong sense of style, which she developed and refined throughout her life. I think it has also helped communicate her status as a world leader. That sense of consistency in her appearance creates a sense of confidence and continuity.'

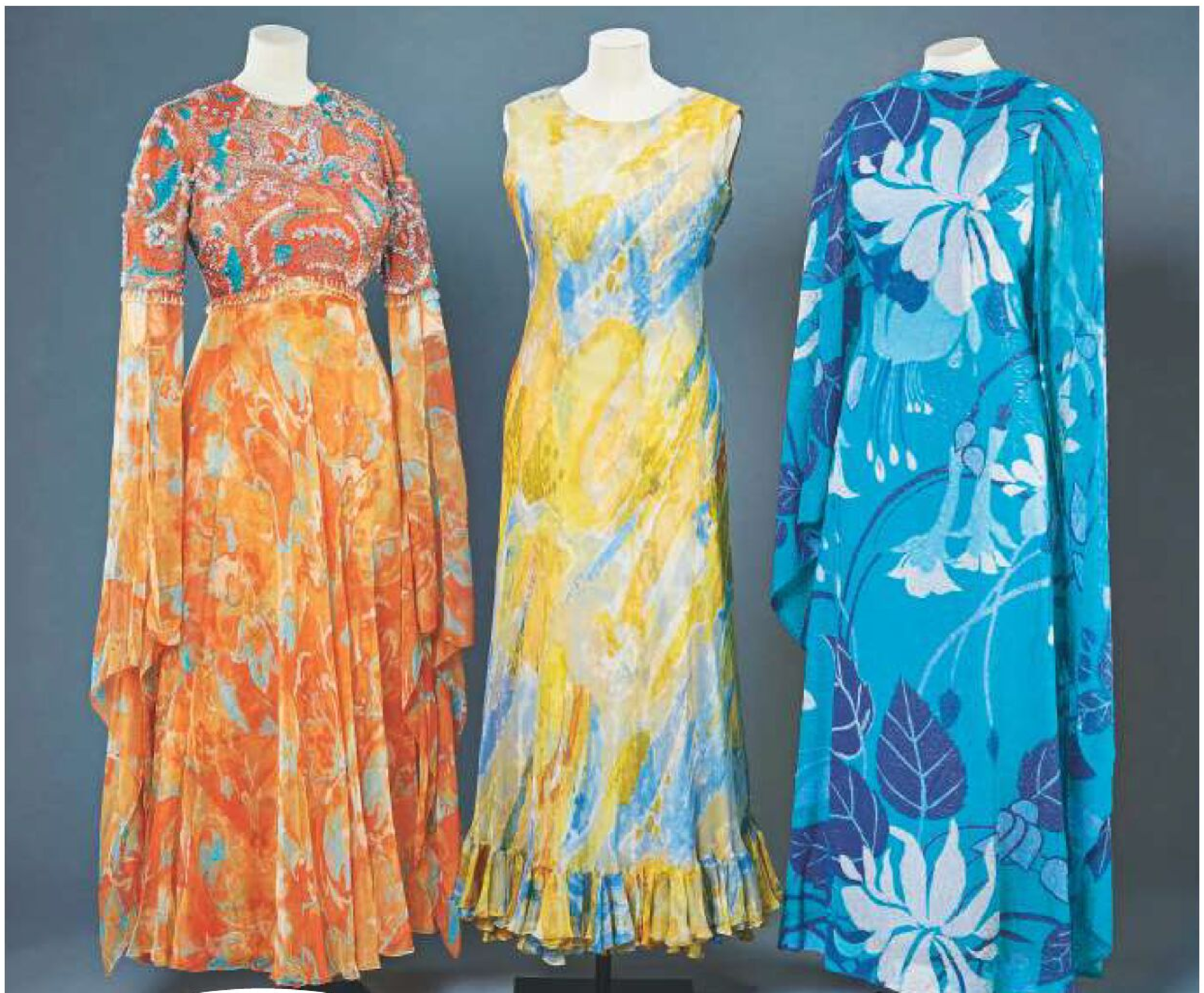
'She had to stand out'

A consistent part of the Queen's style was her brightly coloured dress suits, which she wore in every colour of the rainbow. Her colourful style is often credited to designer Sir Hardy Amies, who is said to have introduced a bright colour palette to her wardrobe to make sure that she stood out at public engagements. One particular outfit Sir Hardy designed was a kaftan-style dress covered in a pink and yellow floral print, that the Queen wore to a state dinner during her official visit to Bahrain in 1979. Being a proud outfit repeater, the Queen re-wore this dress on multiple occasions, including a royal film premiere that same year.

Sir Hardy was first asked to design for the Queen in 1951 when she was just a 25-year-old princess and wanted some day clothes for her first royal tour to Canada. That was the start of their lifelong collaboration, with Sir Hardy appointed as the Queen's dressmaker in 1955 and responsible for creating dozens of royal outfits every year, from grand ballgowns to more simple day dresses. He was knighted in 1989 and once said that the Queen's colourful wardrobe gave her a sunny disposition. 'I don't think she feels chic clothes are friendly,' he said. 'The Queen's attitude is that she must always dress for the occasion, usually for a large mob of middle-class people towards whom she wishes to seem friendly. There's always something cold and rather cruel about chic clothes, which she wants to avoid.'

In the documentary *The Queen at 90*, Elizabeth's daughter-in-law, Sophie, Countess of Wessex, also

She loved a bright dress suit



You can view Elizabeth's colourful kimonos

Headwear was a key accessory

The late monarch was famed for her floral pieces

spoke about her bright outfits as she explained, 'She needs to stand out for people to be able to say, "I saw the queen." Don't forget that when she turns up somewhere, the crowds are two, three, four, 10, 15 deep. And someone wants to be able to say they saw a bit of the Queen's hat as she went past.'

Speaking of the Queen's hats, they were a vital part of her wardrobe over her lifetime, from the more formal headwear in her later years, to her flamboyant, floral pieces that she wore in the '70s, such as the yellow piece covered in silk petals and lily of the valley blossoms that she wore to the Isle of Man in 1972, and green hat she showcased in New Zealand in 1977. Both were designed by milliner Simone Mirman, who had a longstanding relationship with the royal family and was granted a Royal Warrant. She said, 'Designing for the Queen is always about the whole outfit, not just the hat.'

Queen Elizabeth II understood the vital job her fashion played as a monarch. As style journalist Elizabeth Holmes said in her book *HRH: So Many Thoughts on Royal Style*, the Queen 'recognised the role of clothes'. The Queen herself once famously said, 'If I wore beige, no one would know who I was,'. In Gucci's fashion show in 2016, which was held in Westminster Abbey, it was clear that Queen Elizabeth II was an inspiration for the collection, with plenty of plaid and silk headscarves on the runway, reminiscent of the Queen's off-duty style. Creative director for the Italian fashion house at the time, Alessandro Michele said, 'The Queen is one of the quirkiest people in the world.'

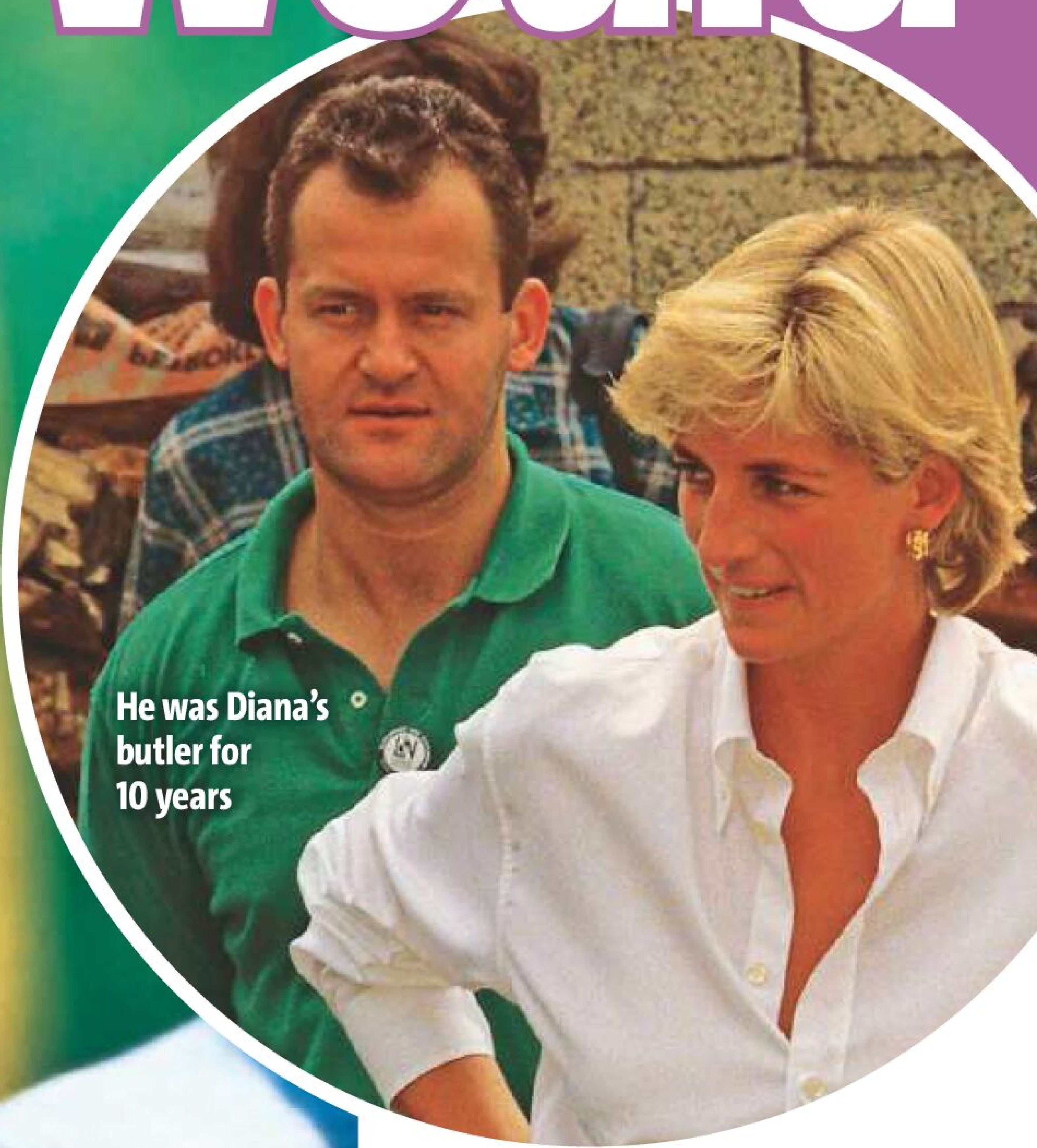
> 'It's about the whole outfit'

● *For ticket information, visit Rct.uk*

By Amy Lo, **Pictures** Alamy, Royal Collection Trust

Paul thinks Princess Diana would have adored Kate

‘Kate is would



He was Diana’s butler for 10 years

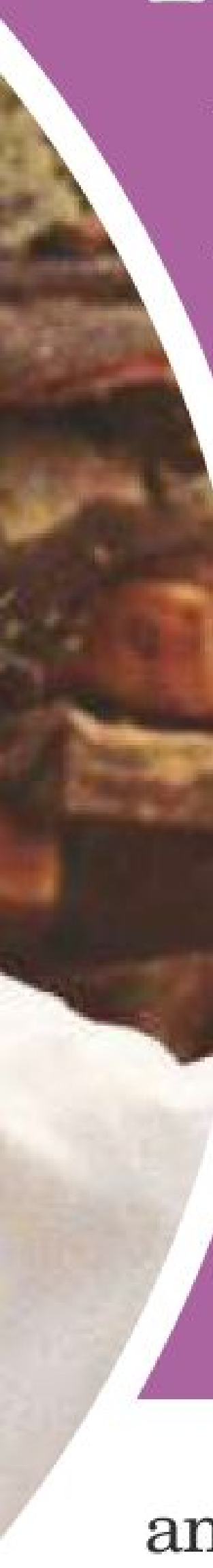
In the years since her death, many stories have been written and interviews given about Princess Diana. But nobody has been more forthcoming about the late royal’s personal life than her former butler, Paul Burrell. Once described by the late Princess of Wales as her ‘rock’, Paul, 67, has released his new memoir *The Royal Insider: My Life with the Queen, the King and Princess Diana* – telling his own story about life alongside the famous family.

‘It is only in the wake of the Queen’s passing and the commencement of a new royal era that Burrell feels he can finally tell his story in full,’ write his publishers. And in an exclusive chat with *Bella Monthly*, Paul reveals what Diana would have thought of her sons William

Exclusive

everything Diana wish for her son’

Paul Burrell was Princess Diana’s butler for a decade – here, he tells *Bella Monthly* what the late royal would have really thought about Kate and Meghan



Kate married William in 2011

and Harry’s wives, Kate Middleton and Meghan Markle – and why he won’t be silenced.

Do you think Diana and Kate would have got along?

Kate is everything that Diana would wish for her son – I think she would have loved her. She would have adored her grandchildren, and it’s so sad that her life was cut short and she was robbed of being a grandmother, I know how she would have embraced it. Charlotte especially would’ve been spoiled rotten. I was always aware of how special Diana and the Queen were. They had an aura. Standing beside them, you could almost feel that glow. You knew it was special – they were magic.

> ‘Kate has that magic’

Does Kate have that?

Yes, she has magic. You watch her on the public stage: immaculate, always the consummate professional. She never lets anyone down and she looks like a film star. That’s what the monarchy needs. We were all devastated when Kate was ill. She’s continuing Diana’s legacy and is the future of the monarchy. Not William – Kate.

What do you think of Meghan?

I wish both Harry and Meghan well in whatever they choose to do, but I think they’re drifting through the celebrity world without an anchor. They don’t seem to have a purpose. Harry’s job was to support William on his way to becoming King, but he chose not to follow that path. I would have loved to see them stay in the family – they would have had the world at their feet.

Do you think the royal family will ever be reconciled?

No, I don’t think so. It’s very sad. Harry always knew the rules and

Continued over the page...

Paul says Meghan and Harry have 'drained an ocean of goodwill'

Diana's grandchildren are the future of the Firm

He 'reached out' to King Charles amid his cancer diagnosis

he chose not to abide by them. He drained an ocean of goodwill. Everyone in this country wished him and Meghan well – I was at the wedding. But at least we have William and Kate and those beautiful children for the future of the monarchy.

What would Diana be like now?

She would be 64 now – we'd be two old folk rattling around Kensington Palace, the way we always did! But probably rattling around the world too, trying to shake people into action. She was very proud to be a member of the royal family, and never considered that she wasn't. But Tony Blair promised to make her a world ambassador, and planned to send her to all these hotspots, solve situations and highlight their plights. He had great plans for her – but they never came into fruition.

You were given the 'all clear' from prostate cancer two years ago. Would Diana have been a rock to you during that time?

Absolutely. I was only 40 when she died, so something like cancer never entered our heads. She was an incredible advocate of medicine. She was so in sync with her body, and was the forerunner of taking care of yourself. That's really strange to say when she was probably the first person I ever knew who suffered from mental illness. It's sad that she wasn't here to spearhead so many mental health campaigns.

Did you reach out to Kate or Charles when they announced their cancer diagnoses last year?

I reached out. I'm coming into the autumn of my life, and you have to move on. I was married with two boys, divorced my wife, and met someone else whom I love – and Charles did the same. Who am I to throw stones? I've not changed my allegiances. Diana's colours are still nailed to my mast, and Charles and Camilla know that. But I have to mend bridges with them to get to William and Catherine. When I see William become King, I will put down the baton.

> 'Harry knew the rules'

What does that mean?

William and Harry see me as carrying their mother's baton, because I was with her for so many years while they were away at school. And they know that I protect her legacy – I'm very proud to be associated with an incredible human being like Diana, Princess of Wales. It means a lot that both boys know that I love their mum. I'm not in touch with Harry but I can reach William when I need to.

There was a story saying how they wished you hadn't written another book about them...

That's not true. The boys know that I truly love their mother and supported her, and will do until my last dying breath. They know what I haven't said, because I've discussed it with them. I don't necessarily champion their father or Camilla, but I do with their mother. We all have our personal allegiances and that's why I wrote my latest book. There

Kate underwent cancer treatment at the same time as the King

William and Harry have been warring since 2020

Paul thinks the royals will never reconcile

are things in there which the general public aren't aware of. I get criticism from people, but there's a lot to say – I'm not the monster that people think I am, I've just been caught up in an extraordinary life.

Have any of the royal family accused you of 'cashing in' on Diana's memory?

No, they haven't. But if someone said that to me, I would say, 'But I'm talking about my journey, this is about my life. It just so happens to be entwined with some pretty incredible people.' *The Royal Insider* is about what happened to me as well as Diana, and this is how they gave me the best advice possible through that situation. I was lucky to stand beside our dear late Queen for 11 years and Diana for 10 years – two ultimate professionals who wrapped their arms around me and embraced me. I have as much right as any other person in the land to talk about what happened to me.

Do you ever read negative comments?

No, I don't listen to what they say, because I remember the princess used to say to me, 'Paul, your reputation is what people think you are. Your character is who you are. Always remember that.' And I do. My friend Lorraine Kelly says to me, 'Paul, they are ants with megaphones. Don't listen. Trust your own conviction.'

Do you think there will be a special commemoration for the 30th anniversary of Diana's passing?

I think there will be. It is important for me to be true, honest and frank while I'm still here – because when I'm gone, people will make up stories that are completely false. I planted an English oak tree in my garden to commemorate the Queen, so I'll plant one for Diana too – something tall and slender, like a silver birch. That would be a fitting tribute and symbolic – she'd love that idea.

By Jane Oddy and Sophie Cockerham, **Pictures** Alamy

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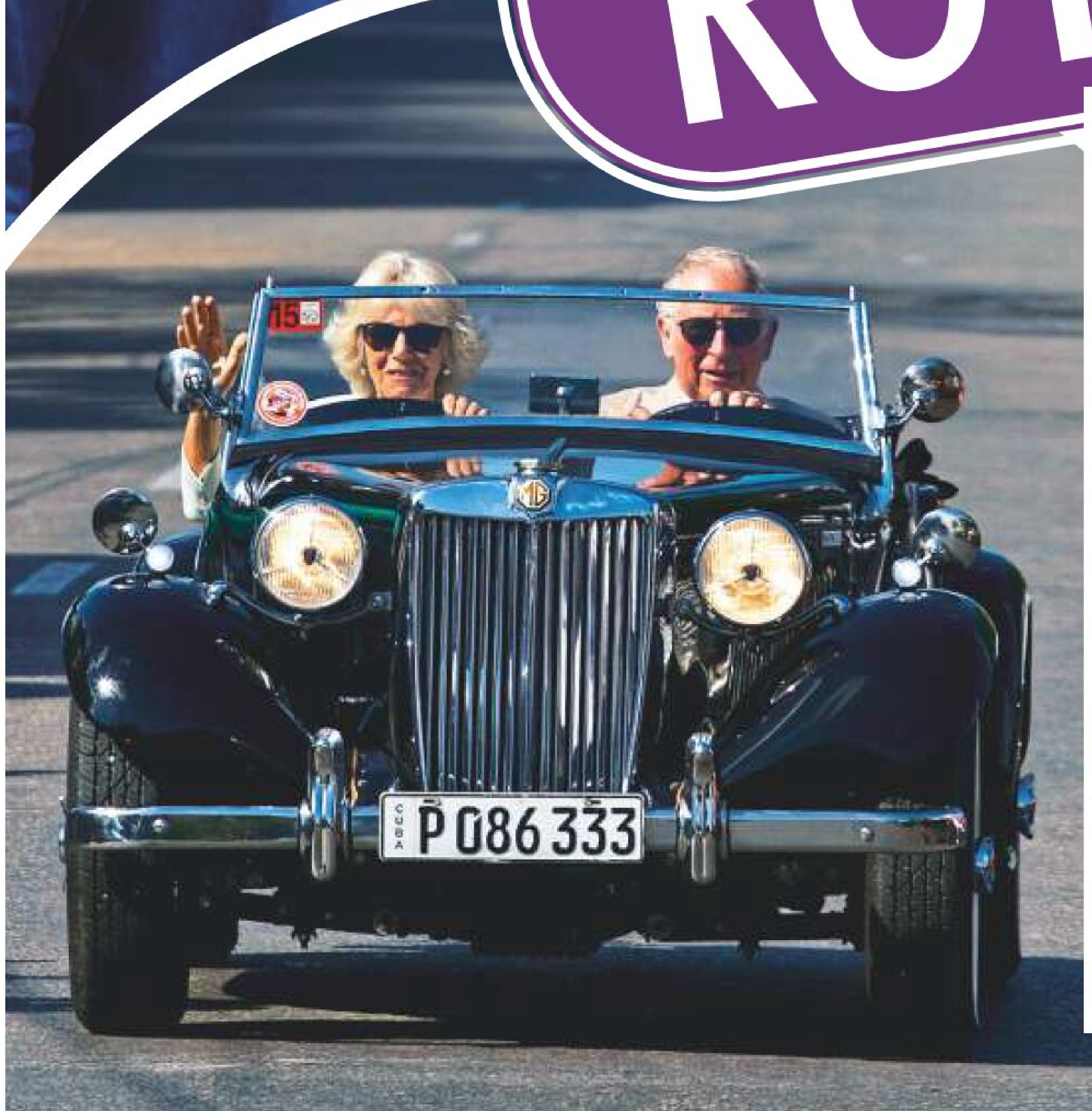
23-PAGE MINI MAG

Iconic ROYAL TOURS

For decades, fans around the world have turned out in their droves to catch a glimpse of the royal family. These official tours and state visits have resulted in some incredible historic moments. Here, we take a look back at the most standout trips...



The Queen receiving crowds in Hobart, Tasmania

At the tennis presenting a prize in Australia

Inside Queen Elizabeth's first t

Over a million came out to greet the new monarch

On 31 January 1952, Princess Elizabeth said goodbye to her beloved father King George at London Airport as she set off on her first, huge tour. The king was very unwell, recovering from surgery to remove a lung, and as Queen in waiting, it was down to his 25-year-old daughter to take his place on what was to be a very ambitious royal tour of the Commonwealth.

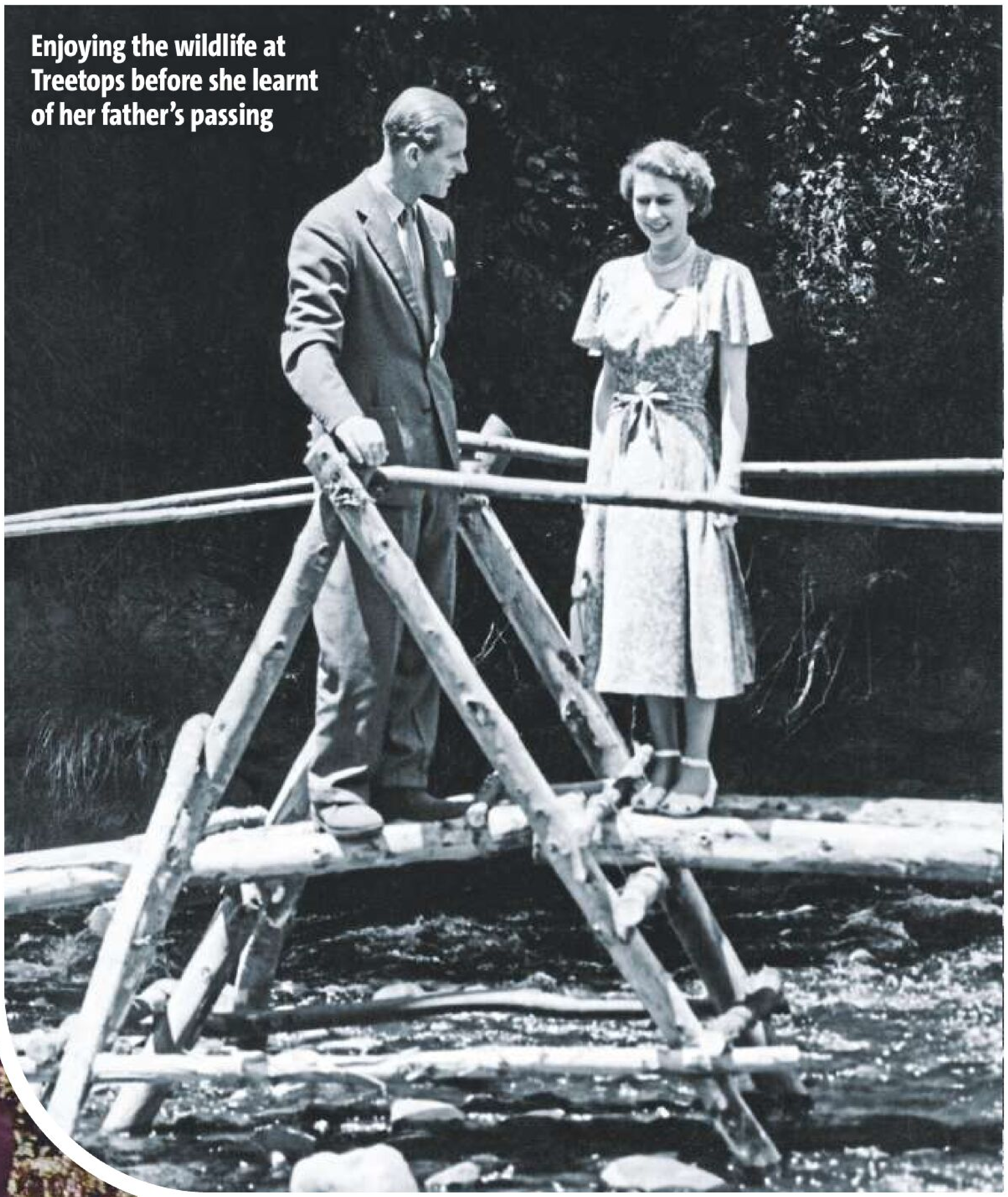
King George had been advised by doctors not to make the trip to the airport, but he insisted on seeing his daughter and son-in-law Philip off on their exciting trip to Australia and New Zealand, which included a brief stopover in Kenya. Three-year-old Prince Charles and 18-month-old Princess Anne were staying at home with their nanny.

Behind the scenes all was not well. Back then, Kenya was a dangerous place and officials responsible for organising the tour were worried the royal couple wouldn't be safe. Whether the princess was aware of this or not isn't clear, but when she landed in Kenya, observers said she looked relaxed and carefree and spent time greeting enthusiastic crowds of well-wishers before heading off for a five-day wildlife safari, which animal-loving Elizabeth was really looking forward to.

'She looked relaxed'

On 5 February, the royals arrived at the spectacular Treetops hotel – a rickety cabin built in an enormous fig tree overlooking an elephant waterhole. At the time, it was the only hotel of its kind in the world and Princess Elizabeth couldn't hide her delight. In fact, she was

our



Enjoying the wildlife at Treetops before she learnt of her father's passing

Inspecting a military line-up in Fiji

soon so engrossed in the wildlife that she asked for tea to be served on the viewing platform she was standing on, in case she missed anything by going inside.

When she left Treetops the following day, after getting up at dawn to watch rhinos, she promised, 'I will come again,' as she was driven away. In fact, she would never return – the hotel was burnt down two years later by rebels.

Hours later, at 2.45pm on 6 February, she received some shocking news that would change her life. Aged only 56, King George had died in his sleep at Sandringham. His young daughter who, only hours before, had been having the adventure of a lifetime, was now Queen.

The news was broken first to Prince Philip, who was deeply shocked. Neither of them had expected it. He decided to take his wife for a walk in the garden – they were now staying in Sagana, around 40 kilometres away from Treetops, where he gently explained her father's death.

At dusk that evening, the new Queen and Philip boarded a plane back home to England. Their grand tour tragically over before it had really begun.

But it hadn't been forgotten. In November 1953, only five months after the Coronation, the Queen and Prince Philip set off once more to complete their postponed commonwealth tour.

It was to be the longest tour of her reign, lasting more than six months, most of which was spent apart from her still-young children. It was also, fortunately, a huge success.

'It was a huge success'

The royal couple visited a staggering 13 countries in the West Indies, Australia, Asia and Africa, covering more than 40,000 miles. They travelled by steamboat, yacht, train, plane and car and included stops in Bermuda, Jamaica, Fiji and Tonga.

Their first stop in November was Bermuda – the Queen's first ever visit to the country. They then travelled on to Jamaica where they boarded the SS Gothic, which

Making a grand entrance in Bermuda

Passing Māori warriors in New Zealand

Continued over the page...

In Bermuda

Farm Cove, Sydney

acted as their royal yacht for the rest of the tour.

After whirlwind tours of Fiji and Tonga, the royals docked in New Zealand on 23 December where they stayed for a month, visiting an impressive 46 towns and cities. Christmas was spent in Auckland where the Queen made her traditional Christmas radio broadcast.

On 30 January they embarked on an eight-week tour of Australia, probably the most successful part of the entire trip. Not only was it the first time the Queen had visited Australia, it was the first time any reigning monarch had visited the country.

More than a million people lined the streets of Sydney to greet the royal couple when they arrived on 3 February. During their 58-day stay, they managed to visit 57 cities and towns and almost 75% of the entire population turned out to catch a glimpse of their young, glamorous Queen and her prince, who reportedly travelled an average of 230 miles per day carrying out royal duties.

But the strain was beginning to show. On 6 March, halfway through their stay, tempers flared. As a stunned film crew looked on (they were waiting to film the Queen with kangaroos and koalas) the royal couple had a furious row at the chalet they were staying in, which the camera crew filmed. The Queen was seen hurling abuse at Philip and tossing a tennis racket and tennis shoes at him when he tried to flee. She was then reported to have 'dragged' him back into the chalet and slammed the door.

> 'Charles was excited'

She quickly composed herself and apologised to the waiting camera crew, saying, 'I'm sorry for that interlude but, as you know, it happens in every marriage. Now what would you like me to do?'

Peace restored, the cameramen agreed to hand over the film they'd recorded to the royal press secretary. Then, having established they really were a 'normal' couple, the royal tour of Australia continued.

It was the first of 16 visits the

Stepping off the Royal Barge in Sydney

Passing the guard of the Australian Navy

The Britannia returning home to London

Queen and Prince Philip would make to Australia over the next six decades, where she remains head of state – none of which were seen to include any marital disagreements.

Their return journey to the UK included visits to Ceylon, Aden, Uganda and finally Malta, where they were reunited with Prince Charles, five, and three-year-old Princess Anne, who had sailed out to meet them on the family's brand-new yacht Britannia. Prince Charles later recalled his joy and 'excitement' at finally seeing his parents again.

The family then headed home, via Gibraltar, arriving in London on 10 May 1954 where they received another warm welcome from thousands of well-wishers who had flocked to the banks of the River Thames to watch them.

Crowds also gathered at Buckingham Palace and the royal couple made four appearances on the famous balcony, much to everyone's delight.

Then, at 11pm, the palace floodlights were turned off and the crowds dispersed. It was finally over. The Queen and Prince Philip could kick off their shoes and relax, safe in the knowledge that they'd done their country proud.

By Kate Corr, **Pictures** Alamy, Getty

Before boarding for the final voyage

It was thought of as a floating palace

'The Britannia was the only place the Queen relaxed'

The yacht became a sanctuary for the royals – but was decommissioned in the late '90s

One of the viewing decks on board

Charles and Diana in happier times

The Britannia in Portsmouth Naval Dock

It was 1952, the country was recovering from war and the new Queen was now in charge of a project that had been started by her father, King George, only two days before his death; the design of a brand-new royal yacht.

In an austere post-war climate, the Queen and Prince Philip both felt that an opulent royal boat would be too much for anyone to tolerate and promptly turned down the original interior designs, requesting they be made less lavish.

The yacht did however remain fairly luxurious, boasting a formal staircase where the Queen would greet guests, a 56-seat state dining room and separate bedrooms and sitting rooms for her and Prince Philip.

> ‘Peace was important onboard’

On 22 April 1954, The Royal Yacht Britannia sailed into its first overseas port – the Grand Harbour of Malta. On board were Prince Charles, five, and Princess Anne, three, who were to be reunited with their parents at the end of a mammoth royal tour of Australia. The young family then sailed home together.

More than four decades after that first famous inaugural trip, and despite having very few interior updates in all that time, the royal yacht was still providing a place for the Queen and her family to travel and work.

Described as ‘a royal palace on water’, Britannia certainly worked hard, travelling more than one million nautical miles during its 44-year lifetime and taking the royals on a staggering 968 state visits.

It was also the perfect place for the Queen to entertain a wide and eclectic mix of world leaders, including Winston Churchill, Nelson Mandela and multiple US Presidents.

For the Queen, it provided an oasis of calm. Away from the hustle and bustle of palace life, she once described Britannia as ‘the place where I can truly relax’. The peaceful atmosphere was important to everyone – most of the crew’s orders were given by hand signal and soft soled plimsolls were worm by crew members so they didn’t disturb the Queen.

The yacht was a place for romance as well – Princess Margaret, Prince Charles, Princess Anne and Prince Andrew all chose it as honeymoon destinations.

Continued over the page...

But when royal children came onboard – often in a state of high excitement – there was always time for fun. In fact, Princess Anne admitted she and Charles were often so excited that it took ‘a team of nannies’ to stop them falling overboard.

To keep them safe, royal children were allocated a ‘Sea Daddy’, a member of crew who looked after them, keeping them amused with games and water fights. They’d also have fun in an inflatable paddling pool and – best of all – a stairway off the ship’s veranda was even converted into a water slide!

Her serenity may have been broken by such high jinx, but the Queen was never heard to complain. However, the highlight for the whole family was their annual family holiday when they cruised around Scotland, enjoying pleasures like treasure hunts, picnics and barbecues ashore the secluded, remote islands. The family holiday often included a stop off at the Castle of Mey to visit the Queen Mother and then on to Aberdeen so that the Queen could travel to Balmoral for the rest of the summer.

‘Diana played the piano’

In the evening, the royals liked to entertain themselves – Princess Diana played the piano, others enjoyed card games, jigsaws and films. Former member of crew, Albert ‘Dixie’ Deane, described how the Queen Mother used to join them in the mess for a gin and Dubonnet – then personally cooked bacon and eggs for everyone. She wasn’t the only one to let her hair down. When the yacht came into port, blowing its foghorns, the Queen herself would reportedly imitate the foghorn noise, much to her family’s amusement.

With so many happy family memories, it’s little wonder that the Queen shed a tear or two when The Royal Yacht Britannia was finally decommissioned in 1997, as part of cost-cutting measures.

Now a five-star visitor attraction in Edinburgh, this special royal residence lives on, welcoming thousands of visitors from all over the world who want to see for themselves the Queen’s former floating palace.

Pictures Alamy, PA Images

A young Prince Andrew and Fergie

Britannia was long a family favourite

Wills and Harry give onlookers a wave

Shedding a tear as the yacht was decommissioned

'Diana wanted to be the best-dressed prin

Charles and Diana's infamous Australia tour was a success – but things eventually grew difficult between the pair

Stepping off the plane into brilliant sunshine, Princess Diana looked relaxed and happy, despite the arduous long-haul flight from London.

Wearing a striking green dress, she smiled and waved at a cheering crowd of more than two thousand well-wishers who had come to greet the princess and her husband, Prince Charles, and welcome them to Alice Springs, Australia. The date was 20 March, 1983, and, after two years of marriage, this was the shy 21-year-old's first overseas trip Down Under.

It was to last six gruelling weeks and, before it had even begun, Princess Diana had already broken royal protocol by insisting her nine-month-old son William came along too.

In the past, the Queen had stuck to tradition, leaving her children at home when she went on royal tours, but Diana was doing things her way, and insisted on keeping the son she adored close so that she could spend her days off with him.

'It was make or break'

Nevertheless, when she and Prince Charles left Alice Springs later that day, Prince William was not with them. Instead, he was taken off by his nanny to stay on a secluded farm while his parents went to work… It would be another eight days before Diana saw him again. She would later reflect, 'We didn't see very much of him (William), but at least we were under the same sky, so to speak.'

'She was learning on the job'

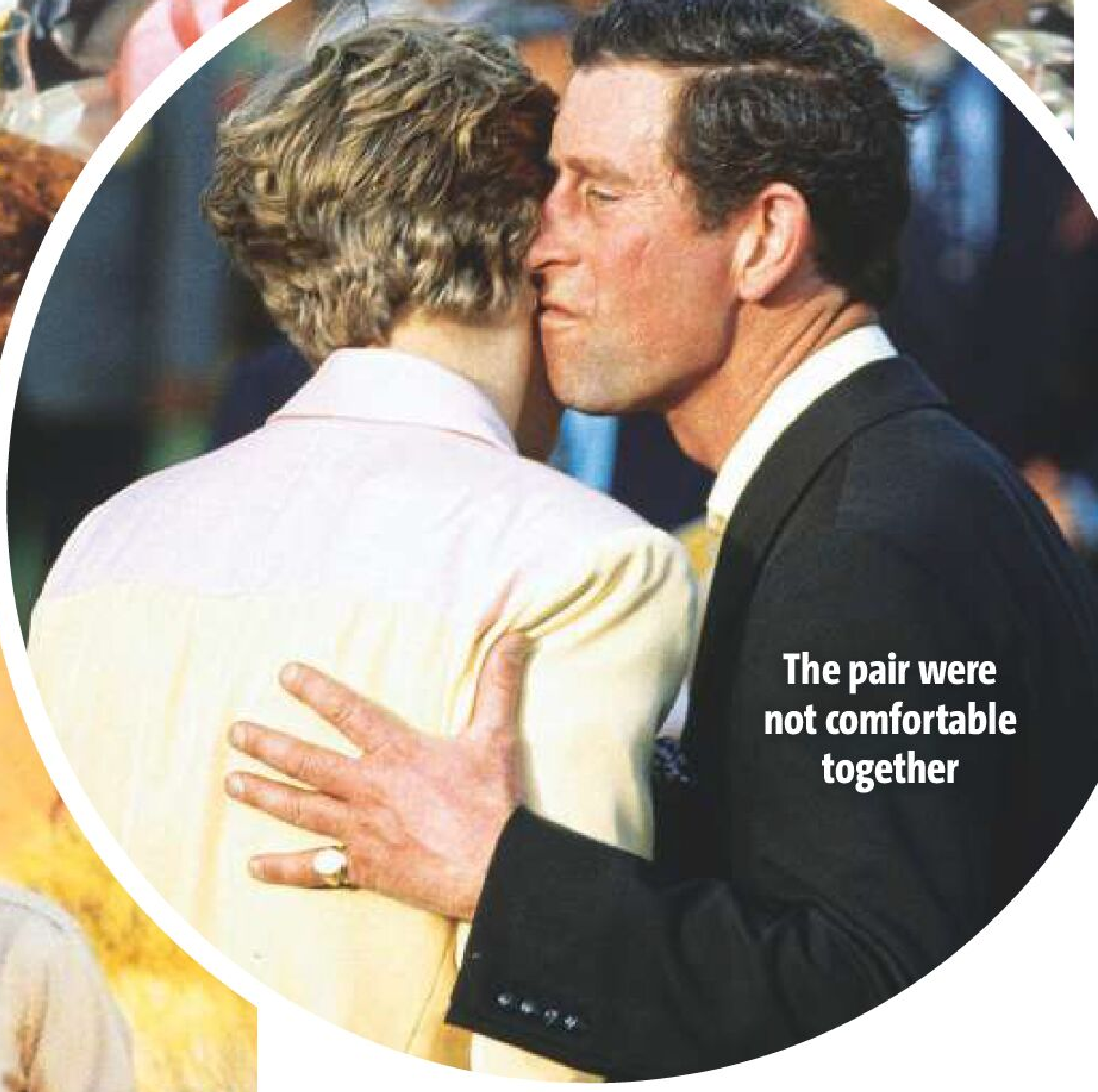
The decision to take William along may have been controversial at the time, but it only served to increase Diana's popularity with the people of Australia, who quickly fell in love with the beautiful princess.

Crowds turned out in record numbers to see the royal couple wherever they went. In Sydney, thousands flooded the steps of the iconic Opera House to catch a glimpse of Diana and her incredibly stylish outfits. Her wardrobe everyone agreed was

Diana was struggling behind the scenes

cess'

During a feast at the Ghabat Raqnah oasis



The pair were not comfortable together

Charles and Diana visit Uluru

bang on trend; featuring lots of bold colours – sunshine yellow and hot pink in particular – and some Eighties shoulder pads.

'Diana knew that style was the first priority of a Princess, and she was determined to be the best-dressed Princess of Wales in history,' says royal biographer Kitty Kelley. 'She would show substance beneath the surface later, right now all she cared about was creating a lip-smacking first impression.'

But behind the beaming smiles and beautiful dresses, Diana was under enormous strain in Australia, often out of her depth and learning on the job. 'Nobody seemed to have told her what to do or trained her,' an insider revealed. 'But compared with many VIPs, Diana was a pleasure to serve. She had this way of making you feel like a friend.'

Diana later told journalist Andrew Morton in a series of tape recordings for his book ***Diana, Her True Story***, how difficult she'd found it, describing that first 'traumatic' week in Australia as 'the week I learnt to be royal'.

'It was make or break time for me,' she revealed. 'It was hot, I was jet-lagged, being sick. I was too thin. The whole world was focusing on me every day.'

After her first engagement in Alice Springs the princess was already doubting her ability to get through the next few weeks. 'I came back from this engagement and I went to my lady-in-waiting, cried my eyes out and said, "Anne, I've got to go home, I can't cope with this."'

She soon realised that she had more than nerves to cope with. Diana was genuinely amazed by her own popularity but it came at a price. For Prince Charles, used

Continued over the page...

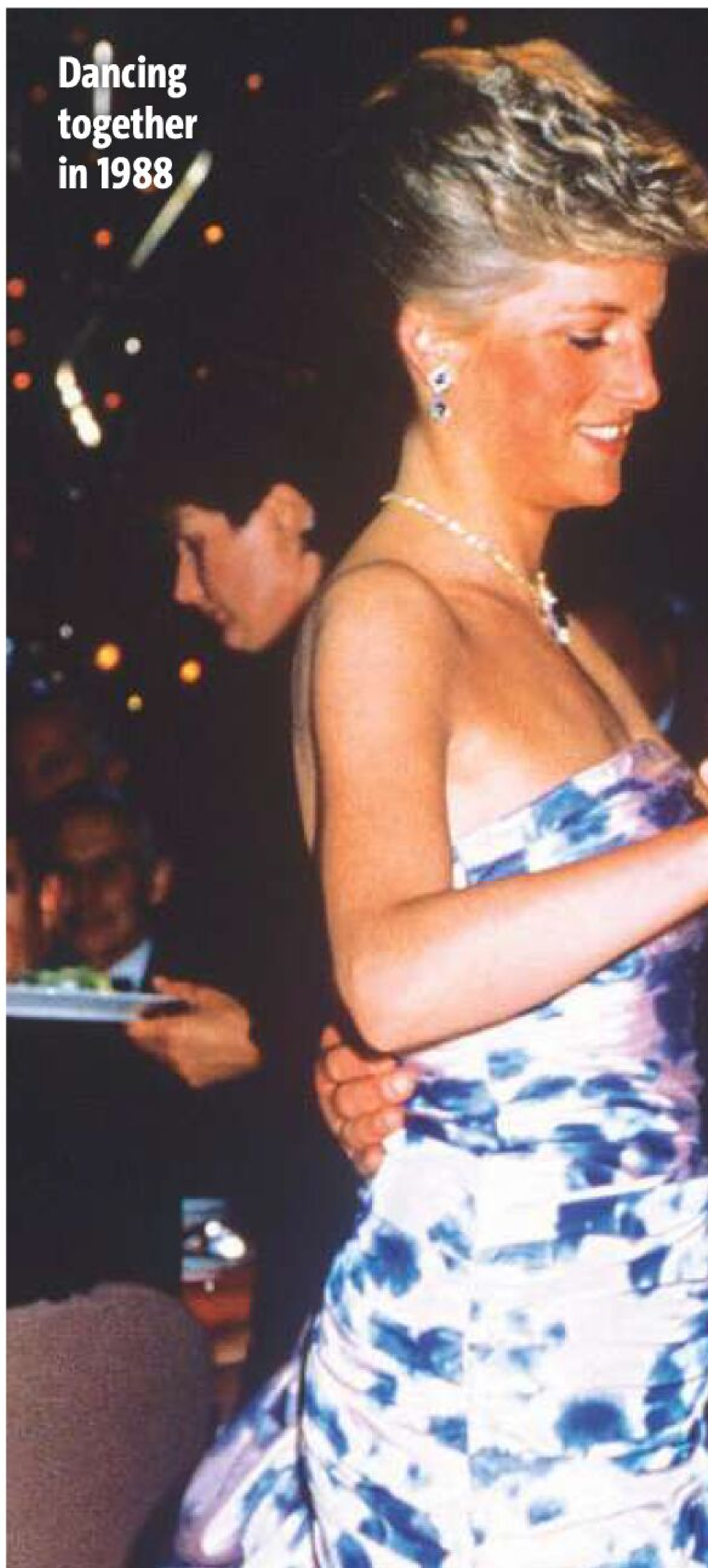
Greeting crowds in Australia

to being the centre of attention himself, was rather peeved by his wife's fame. 'Everybody always said when we were in the car, "Oh, we're in the wrong side, we want to see her, we don't want to see him,"' Diana revealed.

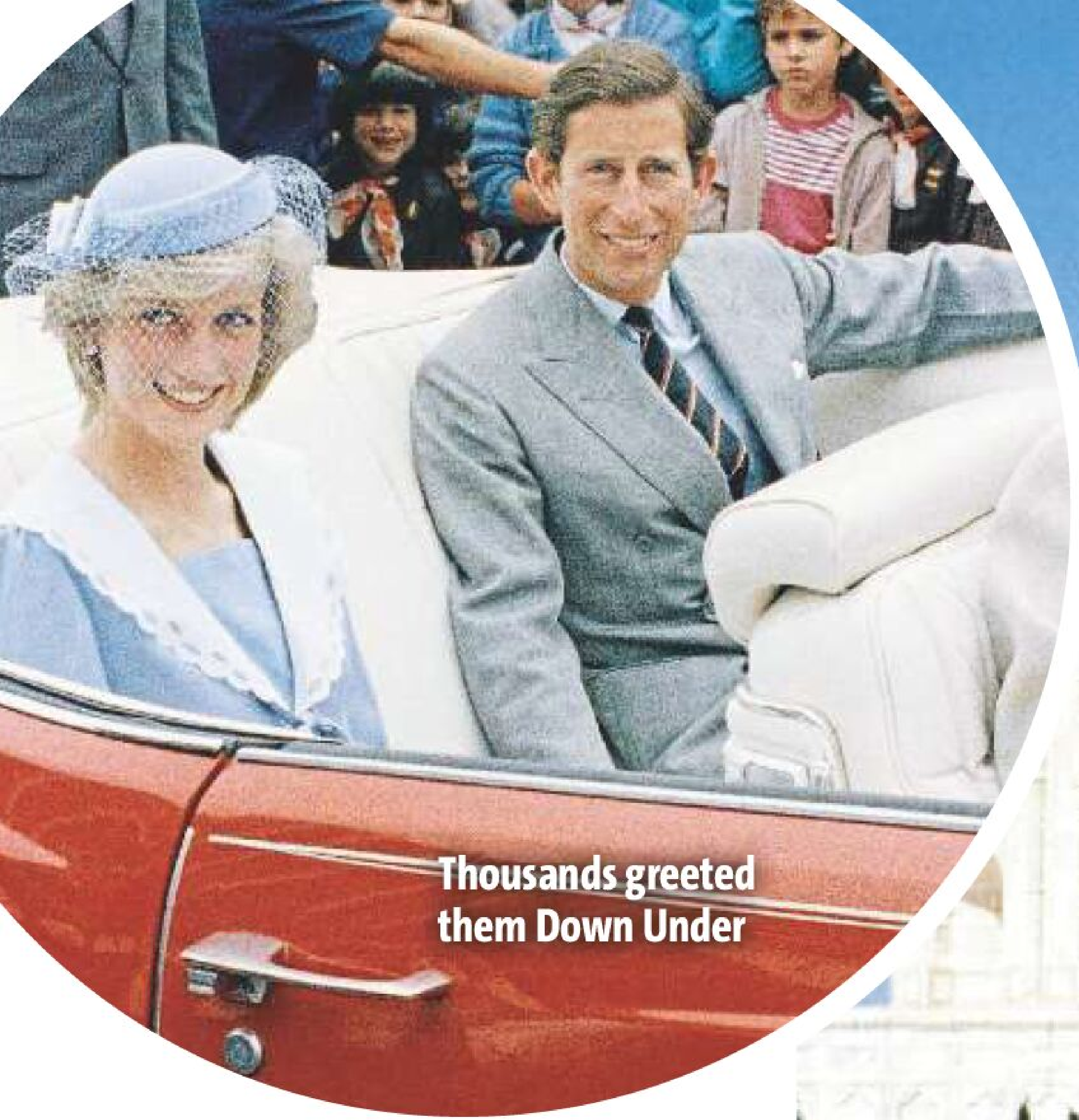
'That's all we could hear when we went down to the crowds and obviously he wasn't used to that and nor was I. He was jealous; I understood the jealousy but I couldn't explain that, I didn't ask for it.'

Yet despite all the challenges, Princess Diana left the Australian people spellbound. There was no doubting the fact that this first royal tour as a family was a massive success – and it wasn't long until they were off again. Only a few weeks after returning home, the royal couple embarked on another royal tour, this time to Canada, arriving on 14 June. The 18-day visit was once more heralded a triumph. It ended on Diana's 22nd birthday with a stadium of people singing Happy Birthday in her honour. However, the tour also meant that she missed Prince William's first birthday.

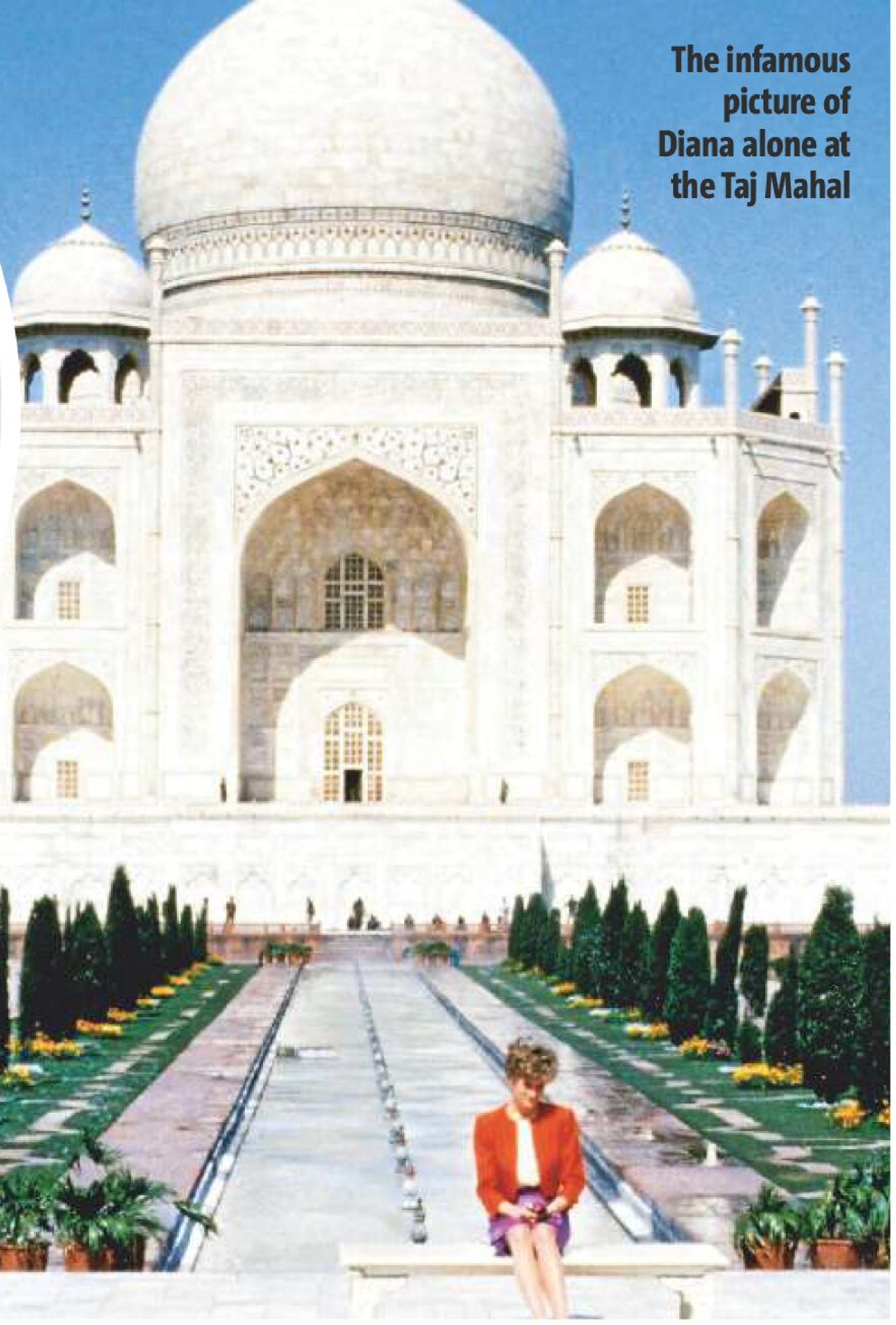
During the next few years,



Dancing together in 1988



Thousands greeted them Down Under



The infamous picture of Diana alone at the Taj Mahal

The discomfort between them was becoming evident

Prince Charles and Princess Diana continued to do their royal duties abroad. In countries including Japan, South Korea, Nigeria, Cameroon and the Arabian Gulf States, they kept up appearances whenever possible, making an effort to show a united front.

Diana continued to dazzle with her outfits, consulting fashion editors and designers to make sure she always looked her best. 'She intended to bring style and glamour to her role and distance herself from the rest of the Windsor women in their white purses, garden party hats and sturdy platform shoes,' says royal author Kitty Kelley.

But occasionally, despite the fabulous clothes and impeccable manners, her mask slipped. As their marriage grew increasingly troubled, it was sometimes impossible for Princess Diana and Prince Charles to hide their true feelings under the constant glare of publicity. In a 1990 visit to Cameroon their unhappiness was clear. A year later they'd all but given up pretending.

In February 1992 the pair toured India together, a trip that contained many awkward moments caught on camera, revealing more dramatically than ever before, just how distant they had become.

'You knew it was all over'

When Princess Diana sat alone in front of the Taj Mahal (the symbol of an Indian prince's great love for his wife) she sent a message to the world about her emotional isolation. She may have been a privileged princess, but she was also very much a woman on her own.

On a visit to Kyoto, Japan

In November of the same year, the pair made one final tour together to South Korea, which royal photographer Arthur Edwards revealed later became known as 'The Glums tour'.

'You knew it was all over then because they couldn't bear to be in each other's company,' he recalled. 'It was so miserable.'

The fun and laughter of those early trips abroad had all but disappeared. Instead, photos from the tour show Princess Diana looking pale and tense, Prince Charles, stiff and morose.

After a decade of hugely successful royal tours, insiders say this one had a 'dark cloud' hanging over it from the start. Royal press chief, Dickie Arbiter, said, 'As the door to the aircraft opened, I turned to the protection officer and said, "We've lost this one,"' he recalls in his memoir ***On Duty with The Queen***. 'The Prince and the Princess were the epitome of Mr and Mrs Glum.'

On 9 December, 1992, just a few weeks after that ill-fated trip, Prince Charles and Princess Diana's formal separation was announced in parliament.

Whether the strain of those final tours proved to be the final straw, we may never know. But the 11-year marriage of the Prince and Princess of Wales was over.

Pictures Getty, Alamy, EMPICS Entertainment

They always find the humour in things

'Charles and Camilla laugh at the same silly things'

The King and Queen know how to have fun when they're on tour

They are a couple who like to laugh. A lot. So when the then Prince Charles and Duchess Camilla arrived in St Lucia in 2019, they seemed determined to enjoy every single minute of their sun-soaked two week stay in the Caribbean.

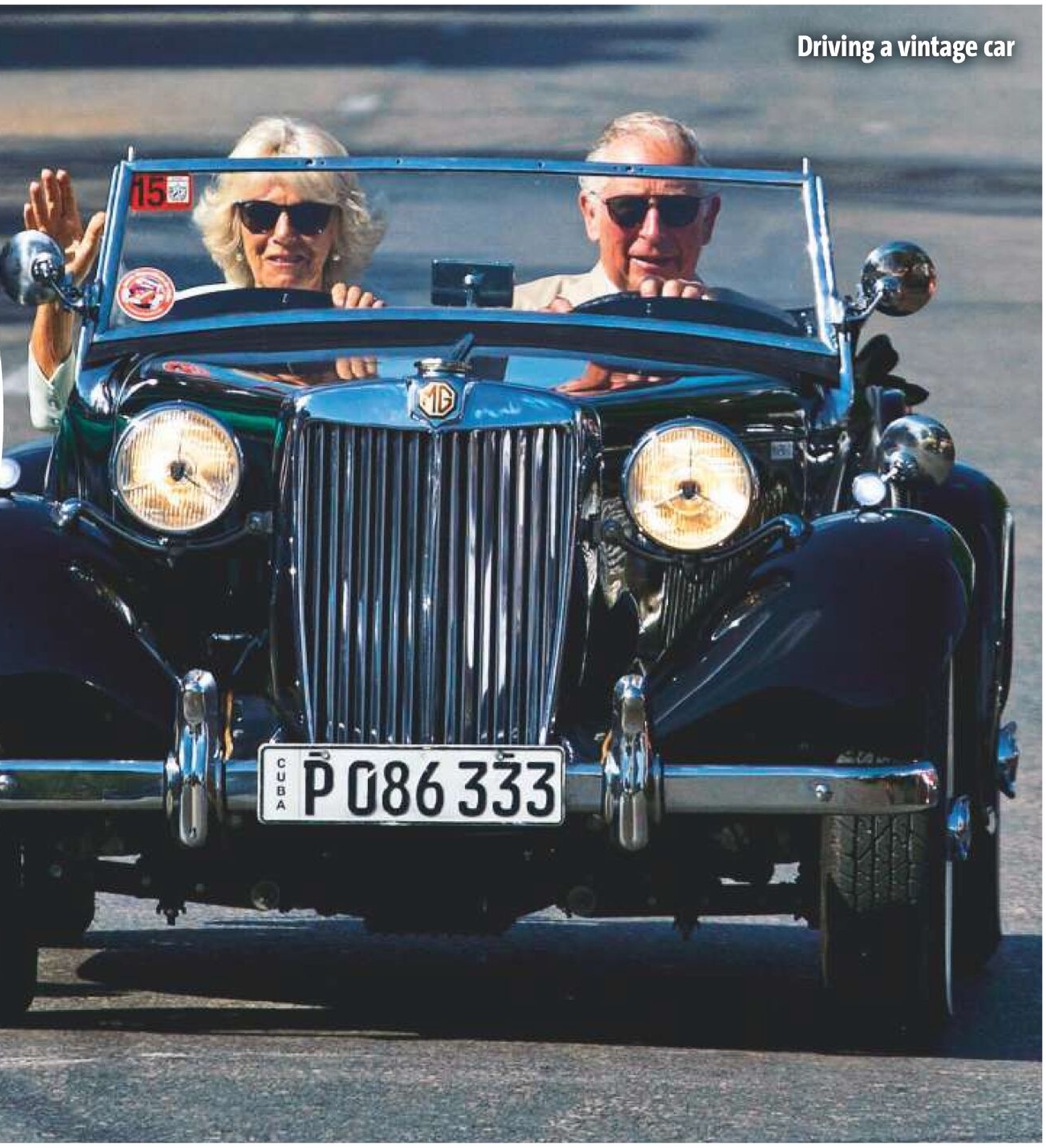
But, despite their beautiful surroundings, this was not a holiday. The future King and Queen's Caribbean tour had a serious purpose – to re-establish long standing connections with former territories and forge new lasting friendships.

They would be visiting six Caribbean islands and taking a much-anticipated trip to Cuba – the first time any member of the royal family had set foot in the country. Historically significant it may well have been, but this wasn't going to stop Prince Charles and his wife from having a lot of fun along the way.

Since their marriage 20 years ago, Charles, 76, and Camilla, 78, have never been afraid to have a good time. In fact, when the pair first met back in 1971, Charles was particularly taken with Camilla because she laughed at 'the same silly things' he did, a royal biographer recently revealed.

Life may have changed considerably since then, especially now they are the ruling monarchs, but the royal couple still share the same sense of humour and are

Charles with Peter the iguana


Driving a vintage car

always game for a laugh. True to form, when Charles arrived in Barbados and was introduced to pop legend Lionel Richie – a celebrity ambassador for the Princes Trust International – he couldn't resist quoting the singer's hit 1983 single *Hello* quipping, 'It must have been you I was looking for!'

Camilla and Charles also managed to easily combine business and pleasure. After a day in Grenada attending events around female empowerment and environmental preservation, they found time for a romantic stroll along an idyllic beach and when offered, Camilla couldn't say no to a glass of fruit rum punch.

And while their itinerary was busy, the duchess always managed to look stunning, unveiling a stylish and chic wardrobe – a variety of colourful kaftans teamed with flowy white pants. Each day of the trip brought another beautiful kaftan. For dinner with the Prime Minister of Barbados, it was white and sheer with appliqué detailing. Visiting Saint Kitts and Nevis, she wore a Tiffany blue embroidered kaftan, and in Grenada her kaftans were pale pink and cream, sometimes teamed with a matching white parasol.

> 'There is no greater challenge'

> 'He burst out laughing'

But it was their historic visit to Cuba that drew most public attention. The trip, seen as an attempt to help form closer ties between the UK and Cuba, involved a tour of Old Havana and the city's 18th century colonial Spanish buildings. Posing happily for photos in John Lennon Square (The Beatles are still incredibly popular in Cuba) Camilla wore a mint

John Lennon was very popular in Cuba

With the crowds

Continued over the page...

It was an important tour for Charles

Meeting Prime Minister Mia Mottley in Barbados

shift dress, nude heels, pearl jewellery, and carried a white cloth parasol, while Charles looked dapper in a linen suit and shades. They also seemed to have lots of fun learning how to mix the perfect mojito in a restaurant.

For Charles, the Havana highlight was attending a classic British car rally (the king owns a vintage Aston Martin, which he has had converted to run on white wine) and being given the chance to drive a perfectly resorted vintage MG, which he declared afterwards 'a beautiful car'.

> 'It was an undoubted success'

Then it was off to the Cayman Islands where Charles had a chance encounter with a rare blue iguana called Peter at a National Trust Blue Iguana Recovery Centre. 'Is he okay? Is he dangerous?' he asked crowds of waiting press. They all replied 'no,' even though iguanas do bite when angry. The prince decided to carefully stroke Peter, then, unable to hide his delight, burst out laughing.

But despite all the fun, there was one subject the prince remained deadly serious about throughout the tour. Speaking at an open-air event in St Lucia on day one he said, 'There is no greater challenge facing all of us, in my view, than that of global warming and climate change which, I know, poses nothing short of an

On a walkabout in Barbados

Bottoms up!

Learning about local foods

Sharing a smile with Lionel Richie

existential threat to this island as it does to every part of this region.'

After meeting Peter the iguana, he also spoke about the 'catastrophic global warming, acidification and pollution of our oceans being 'nothing short of a planetary crisis'.

While Charles and Camilla's Caribbean tour was an undoubted success, news that it cost taxpayers nearly half a million pounds – £416,576 to be precise – came as a great shock to many. Whether it was worth such an enormous amount of money is a subject of much debate, but one fact remains clear – as King, he's wanted on visits across the world, and, as long as his recovery from cancer continues positively, they are likely to continue apace.

Pictures Wire/PA Images, Alamy

‘Superstars from the first tour’

Will and Kate enjoy rapturous receptions wherever they go

Flags flew throughout their walkabouts

A military reception for the Duke and Duchess

It was Kate Middleton's first royal tour. But if she was feeling nervous when she stepped off the plane on 30 June 2011, she certainly didn't show it. She had been married to Prince William for just three months and seemed determined not to put a designer-clad foot wrong.

The newlyweds had a 12-day tour of Canada and Los Angeles ahead of them and the rapturous welcome they received in Ottawa that day from hundreds of well-wishers was a hint of what was to come.

Kate-mania had begun – and the inevitable comparisons with Princess Diana quickly followed.

Like Diana before her, Kate was soon the subject of endless fascination. Every step she took, every word she spoke and every outfit she wore was closely scrutinised. But there was one big difference. For Kate was not the insecure 19-year-old that Diana had been on her first royal tour. She was a poised and secure woman, a decade older than Diana had been, and totally certain of her husband's love.

> 'Kate was poised and secure'

The newlyweds' devotion to each other delighted everyone. They took part in an eclectic mix of events, which they genuinely seemed to enjoy, including Canada Day celebrations for which Kate delighted the crowds by wearing a white dress and red maple leaf hat to nod to Canada's national colours, and a memorable rodeo in Calgary – both while donning matching cowboy hats.

Kate also proved she wasn't afraid to get her hands dirty when, during a tree planting ceremony in Ottawa, she picked up a shovel and got stuck in. Poignantly, the tree she helped to plant that day was right next to one Princess Diana and Prince Charles had put in the ground back in 1983…

A few days later, Kate was sorely tempted to join William in a game of street hockey and prove her sporting prowess. 'I would have taken a shot if I wasn't in heels,' she laughed. After the game, they both seemed particularly delighted to receive personalised hockey sweaters.

Kate's carefully thought out wardrobe was also a winner. She wore outfits by Canada's best-known designers and diamond jewellery on loan from the Queen,

Kate and Will greeting crowds

Kate got involved with an art class

Continued over the page...

On day four of their trip to Canada

Taking to the water

Kate is a very keen sportswoman

They got stuck in with the hockey

Arriving in the USA

Meeting Nicole Kidman and Tom Hanks

alongside skinny jeans, sharp blazers, khaki shirts, hoodies and boat shoes for more casual events.

However, she did suffer one minor embarrassment at Calgary International Airport when a gust of wind blew her pretty flowing Jenny Packham dress up to her waist…

Kate quickly caught hold of the hem and laughed off her 'Marilyn Monroe' moment, though it did perhaps serve as a reminder that she was still very new to this game – the Queen had weights sewn into the hems of her skirts to avoid similar embarrassments.

Proving they were still very much in the honeymoon phase of their relationship, the royal couple also found time for a romantic canoe ride to the tiny Eagle Island, nicknamed Honeymoon Island by locals, and renowned for its particularly spectacular sunsets.

And then it was time to head to Hollywood. This was the first time the duchess had ever been to the United States and, although their trip was short, she and William made sure to see more than just the glitz and glamour.

Kate and Wills looked every inch a celebrity couple when they attended a special BAFTA ceremony celebrating Brits to Watch, where they mingled with the likes of Tom Hanks, Jennifer Lopez, Nicole Kidman and David Beckham, who summed up the mood when he said, 'They are real superstars now. We're so delighted they decided to come to LA – we feel really proud to have them here.'

Stephen Fry, another of the 300 guests, added, 'If you brought Clark Gable and Marilyn Monroe back to life, America wouldn't be more excited than they are by the presence of the Cambridges.'

However, the next day Kate and William came back down to earth, meeting deprived inner-city children at an arts project and getting stuck into some painting themselves. 'William, do you know what you're doing?' Kate laughed when her husband sat down at an easel.

They also attended a jobs fair for military veterans, which William described as 'the most important part of the tour', but still managed to crack a joke about his brother Harry, 'my low-flying, average, Apache pilot brother'. How times have changed.

Then, having thoroughly proved themselves a compassionate, fun-loving and glamorous young couple, the newlyweds headed home, safe in the knowledge that their first royal tour had been a resounding success. And many more were to come…

'We're proud to have them'

By Kate Corr **Pictures** Alamy stock photo

Arriving in Sydney

Having a walk in the forest

Madly in love and not afraid to show it

Harry and Meghan's inaugural royal trip started with a very special announcement

It was to be a royal tour like no other, and it began with a surprise announcement. Within hours of arriving Down Under, Prince Harry and his new wife Meghan had revealed the happy news that they were expecting their first child, not only making global headlines but taking excitement about their 16-day Commonwealth tour to a whole new level.

The Duke and Duchess of Sussex must have decided well in advance that news of the pregnancy should be made public in Australia. 'Meghan and I genuinely couldn't think of a better place to announce the upcoming baby,' Harry told the delighted people of Sydney, who turned up in their thousands to congratulate the parents-to-be. And when the Australian Governor-General Sir Peter Cosgrove presented them with a baby gift – a tiny pair of UGG boots and a kangaroo toy – it was to be the first of many more.

After only five months of marriage, this was also Meghan's very first overseas royal tour. Prince Harry may have been following in his father's footsteps by taking her to Australia for such an important event. Perhaps he hoped she would receive a similar welcome to the one his mum was given 35 years earlier when 'Di-mania' swept Australia, and Prince Charles was forced to take a back seat…

But this time, the crowds didn't only want to see Meghan – they wanted to see her with her husband. The young newlyweds were completely at ease with one another; totally relaxed, openly affectionate, madly in love and not afraid to show it. Harry beamed whenever he introduced or spoke about his wife and gently guided her through the first few days which may well have been an intimidating experience, even for a former actress used to being in the spotlight – albeit on a somewhat smaller scale.

Harry and Meghan weren't afraid to break protocol either, holding hands and hugging members of the public. They also proved themselves incredibly hard working – the 16-day tour of Australia, New Zealand, Fiji and Tonga included an exhausting 76 engagements, which some feared may have proved too much for Meghan in the early days of pregnancy.

But the pace didn't seem to

Smiling at the Sydney Opera House

They also visited Tonga and Fiji

The crowds were overjoyed at the baby news

Congrats
Harry + MEG
Melbourne

bother her. Despite also suffering from jet lag, Meghan soldiered on, attending one engagement after another, even waking at 4.30am to do some yoga, which she told a group of young people on Sydney's Bondi Beach was 'so good for healing your mind'.

In fact, other seasoned professionals seemed more tired than she was. 'I like to think I'm well versed in the madness and mayhem of royal tours,' recalled royal correspondent Juliet Rieden. 'But this inaugural Commonwealth love-in with the Duke and Duchess of Sussex had surprises at every turn and a pace that has sent my circadian rhythms into meltdown.'

Their five packed days in Sydney included launching Harry's 2018 Invictus Games. They also went off the beaten track and ventured into the drought hit region of Dubbo, New South Wales, for a morale-boosting meeting with farmers and locals, at which Harry urged those affected not to 'suffer in silence'.

'If I may speak personally, we are all in this together because asking for help is one of the best decisions I ever made,' he told the thousands of people who'd gathered to meet them.

Early pregnancy weariness did eventually catch up with the duchess, forcing Meghan to scale back on a couple of planned engagements, including visiting a rainforest. But she was soon back on form for a four-day visit to Fiji. Looking refreshed and unfazed by all the public attention – or by the mosquitos – she gave her first speech, discussing the rights of girls and women to be educated.

'Meghan was unhappy'

Meghan's designer wardrobe did, however, earn some criticism. Her outfits were certainly flawless – from formal gowns to stylish day dresses, raincoats, skinny jeans, shirts and beach wear. She also made sure to wear clothes by Australian and New Zealand designers, as well as her favourite British and US designers. But none of this came cheap. In fact, Meghan's shoes alone are thought to have cost more than £6000, and her total tour wardrobe (including more than 21 dresses and 14 pairs of shoes) an eye watering £100,000.

However pricy her fashion choices, Meghan won over many. But as we know now, what was to come proved all was not as it seemed, Meghan was deeply unhappy. And as time went on, Meghan – and Harry – were increasingly frustrated with life as working royals. Just over a year later, they'd be out, starting a new life in North America.

By Kate Corr **Pictures:** Alamy

tv choice

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Voting is now open for the
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T&C's: This competition is open to UK residents aged 18 and over. The prize draw opens twice - midday on Tuesday 30th September 2025 until midnight on Tuesday 14th October 2025 during the longlist voting phase, and reopens midday on Friday 31st October 2025 until midnight on Sunday 16th November 2025 during the shortlist voting phase. Entries from both the longlist and shortlist phases of the voting will be eligible. Whilst you may vote more than once, you will only be allowed one entry into the prize draw. The prize includes one pair of tickets to the 2026 TV Choice Awards taking place at The London Hilton on Park Lane on Monday 2nd February 2026 and one night's accommodation in a standard twin room at The London Hilton on Park Lane on a bed & breakfast basis. Both attendees must be over the age of 18 at the time of the event. ID may be required as proof of age as alcohol may be served at the event. The winners will have access to the awards ceremony, dinner and after-party. Travel to and from the venue and any other food and drink is not included. The winner will be the first name drawn at random after the closing date. The winner will be notified by email within 10 days of the closing date and has 10 days to respond before an alternative winner is chosen. This prize may be offered in a limited number of other promotions. No purchase is necessary, to enter for free visit www.tvchoicemagazine.co.uk/vote. Full terms and conditions can be found at www.bauerlegal.co.uk/competition-terms.html

tv choice

**The UK's favourite
TV magazine**

Date night

Earrings, Reserved, **£12.99**

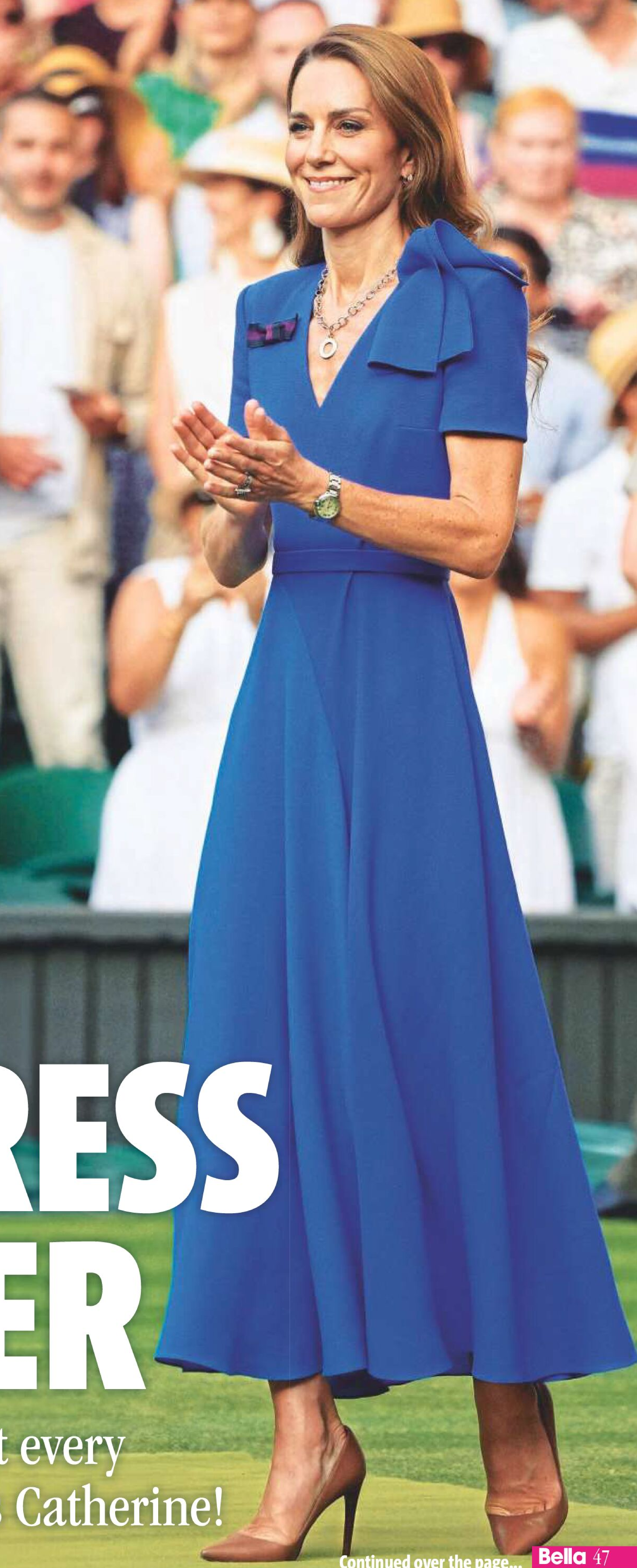
Jacket, 6-22, very.co.uk, **£48**

Heading out for a fancy dinner? A ladylike jacket will add a luxe finishing touch with minimal effort

Cuff, River Island, **£18**

Bag, Zara, **£29.99**

Shoes, New Look, **£39.99**



ONE-DRESS WONDER

Rock this royal-blue frock at every occasion – just like Princess Catherine!

Continued over the page...

Running errands

Jacket, XS-XL, Stradivarius, **£39.99**

Necklace, Accessorize, **£25**

Comfy trainers and a cosy knit will have you ready for anything that comes your way

Jumper 8-22, Nutmeg at Morrisons, **£16**

Bag, Accessorize, **£25**

Trainers, Peacocks, **£20**

Lunch with friends

Rings, Accessorize, **£12** for pack of four

Neckerchief, Mango, **£12.99**

Coat, XS-XL, H&M, **£39.99**

A timeless trench coat will instantly elevate your outfit, while a neckerchief adds a chic finish

Shoes, Diechmann, **£24.99**

Bag, Matalan, **£22**

Dress, 6-18, Friends Like These, **£39**

Festive party

Necklace, River Island, **£20**

Earrings, Phase Eight, **£29**

Jacket, XS-XL, Cider, **£39**

Bedazzled accessories will instantly spruce up almost any outfit, and are a great alternative to traditional sequins

Bag, Quiz, **£29.99**

Shoes, Linzi, **£38**

Retro revival

Jumper, 10-32, Freemans, **£22**

Jacket, 6-24, Tu at Sainsbury's, **£45**

Boots, New Look, **£59.99**

Earrings, Betty and Biddy, **£19**

Bag, River Island, **£56**

Channel this season's boho trend with faux fur, tan and plenty of layering – perfect for keeping warm during the cooler months

By Cigdem Tanrioglu

Winter Skin Survival

Keep your complexion in tip-top royal condition, even in the cold weather

Switch up your cleanser

As the seasons change, so should your cleanser. Choose a comforting balm, oil or milk formula to keep your skin happy. We love **Elemis Pro-Collagen Cleansing Balm, £49** – not only does it melt away make-up like a dream, but it's also infused with nourishing plant oils to reveal soft and glowing skin. For sensitive skin types, **Avène's XeraCalm A.D. Lipid-Replenishing Cleansing Oil, £19.75**, is a game-changer. The ultra-soothing formula helps lock in moisture for up to 24 hours. Or try **The INKEY List Hydrating Cream-to-Milk Cleanser, £13**, which is packed with hydrating hyaluronic acid and rice milk to gently cleanse while leaving skin feeling silky-smooth.

EAU THERMALE
Avène
XeraCalm A.D
Lipid-replenishing cleansing oil
ELEMIS
PRO-COLLAGEN
CLEANSING BALM
THE INKEY LIST
HYDRATING
CREAM-TO-MILK CLEANSER

trilogy
Rosehip Oil
Antioxidant+
ADVANCED FORMULA
Q+A
SUPER FOOD
Facial Oil
30ml 1fl.oz
The Ordinary.
Hyaluronic Acid 2% + B5

Level up hydration

If serums and face oils aren't already part of your routine, now's the time to add these skincare powerhouses. They penetrate deeper than moisturisers to deliver intense hydration – just what your skin craves in winter. Start with a hyaluronic acid serum like **The Ordinary Hyaluronic Acid 2% + B5, from £8.80**, to flood skin with moisture before your cream. In the evening, lock everything in with an antioxidant-rich face oil. Catherine, The Princess of Wales, relies on **Trilogy Rosehip Oil Antioxidant+, £36.50**, to ensure her complexion stays nourished. For a budget-friendly option, **Q+A Super Food Facial Oil, £8.50**, can leave skin feeling soft and supple.

Apply SPF daily

It may not be summer, but you still need SPF. Harmful UVA rays are present throughout the year and can cause premature skin-ageing. Keep your complexion protected with **Beauty of Joseon Relief Sun Rice + Probiotics SPF50+**, £15.50. It's ultra-lightweight and perfect for wearing underneath make-up. For those battling dryness, we'd recommend **Murad Superactive Moisturizer SPF,** £49**,** which harnesses hyaluronic acid technology to deliver deep, long-lasting hydration. Need a brightening boost? **Garnier Vitamin C Daily UV Brightening Fluid Invisible SPF 50+,** £12.99, helps to unlock a radiant, healthy-looking glow.

GARNIER
VITAMIN C
DAILY UV
INVISIBLE
50+
Murad.
HYDRATION
Superactive Moisturizer SPF 50: Hydrating

Mask it weekly

Face masks are staples year-round, but in colder months, a weekly masking session is a must for keeping skin looking plump. Reach for a rich and creamy formula like **e.l.f. Holy Hydration! Sleeping Mask,** £10, which is brimming with skin-loving ceramides and peptides that work to moisturise and help smooth out fine lines. Or try **Caudalie VinoHydra Moisturising Mask,** £24, which is enriched with shea butter and grape water for a burst of hydration – Meghan, the Duchess of Sussex, is a fan of the brand! To strengthen your skin barrier, leave **Dr.Jart+ Ceramidin Facial Barrier Mask,** £8.50, on for 15 minutes to replenish dry skin.

CAUDALIE
VinoHydra
HOLY HYDRATION!
SLEEPING MASK
e.l.f. SKIN
Dr.Jart+
Ceramidin
Skin Barrier Moisturizing Mask

By Emma White, **Pictures** Alamy

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Wet Skin Miracle Moisturiser
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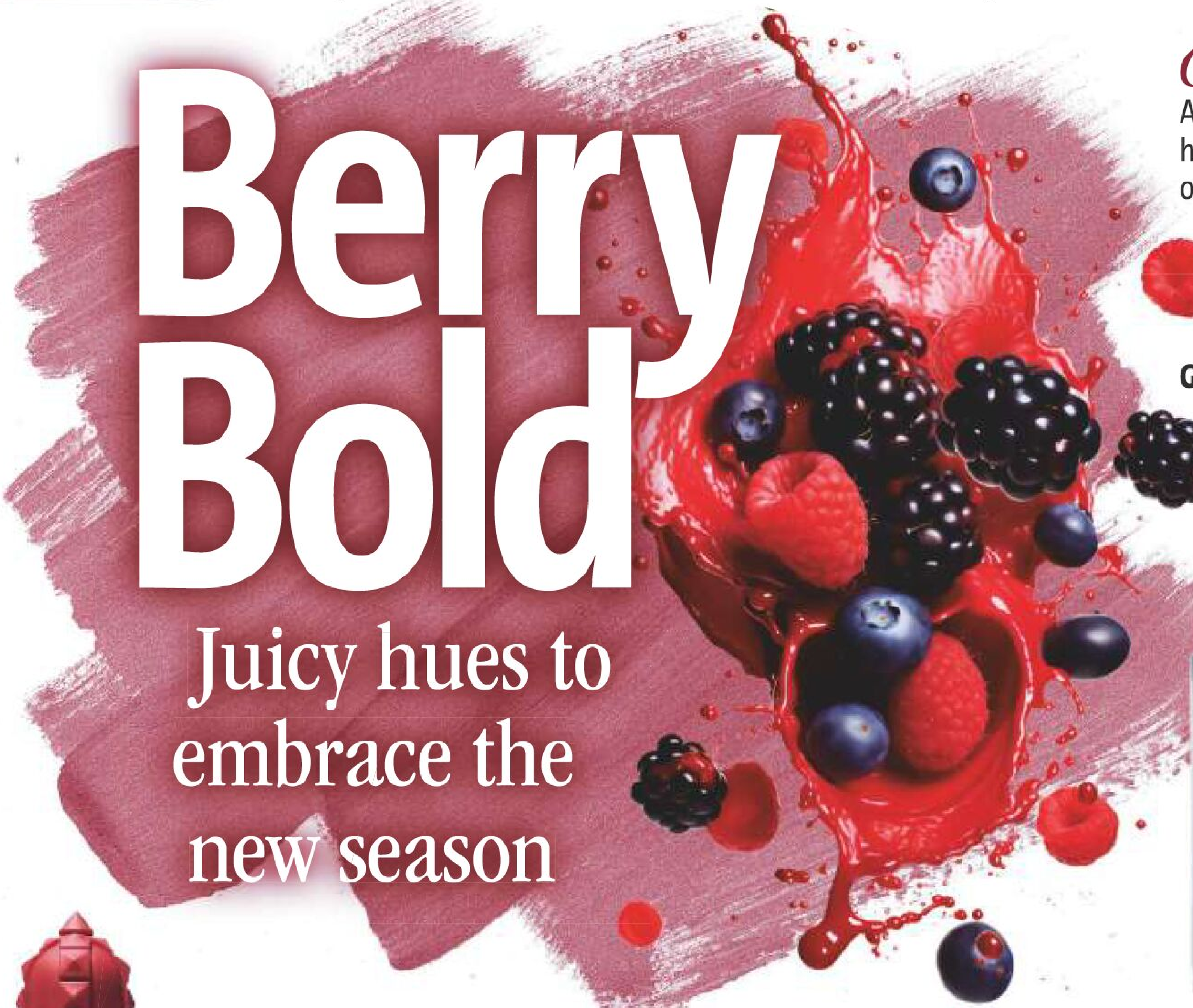
Berry Bold

Juicy hues to embrace the new season



Stay polished

A dark, wine-toned manicure instantly signals the new season. This quick-dry polish delivers full, even coverage in one coat, so you can achieve a salon-worthy finish in minutes.

Sally Hansen Insta-Dri Nail Varnish in Just in Wine, £4.99

Shady lady

Combining a cream, powder and shimmer blush, this trio allows you to sculpt, warm and illuminate in one palette. Add all three across cheeks to create a velvety flush that screams cosy season.

Morphe Cheek Thrills Multi-Finish Face Trio in Wine & Dine, £19

Satin Sweep

This creamy blush stick glides effortlessly over skin, delivering a soft-focus finish in a jewel-toned tint. The buildable formula makes it easy to adjust from subtle daytime colour to evening depth.

Charlotte Tilbury Unreal Blush Stick in Berry Glow, £30

Shine on

With the comfort of a balm and the shine of a gloss, this nourishing lip colour coats lips in a warm, cranberry shade. The lanolin-rich formula locks in moisture, keeping lips smooth throughout cooler weather.

Lanolips Glossy Balms in Berry, £10.99

Gloss 'n' go

A sheer veil of colour with a hydrating, lightweight feel, this lip oil brings instant polish to any look. Its glossy finish adds oomph, without the stickiness of a traditional gloss.

e.l.f. Glow Reviver Lip Oil Glimmer in Divine Wine, £9

Lash drama

A seasonal take on a cult mascara, this deep plum shade subtly enhances green and hazel eyes while delivering the full, voluminous lift the original formula is known for.

Benefit BADgal BANG! Volumizing Mascara in Wild Plum, £27

Wine o'clock

A richly pigmented, wine-toned eyeliner that glides on smoothly and blends easily for a smoky effect. Perfect for adding definition without the harshness of black.

Maybelline Tattoo Smoky Eye Liner in Burgundy, £6.99

Burgundy Blend

Six expertly curated shades in matte and shimmer finishes make this eye shadow palette a go-to for autumn. From soft neutrals to deep berries, it's ideal for both everyday wear and evening glamour.

MAC Connect in Colour Eyeshadow Palette in Embedded in Burgundy, £32

By Emma Hawkins

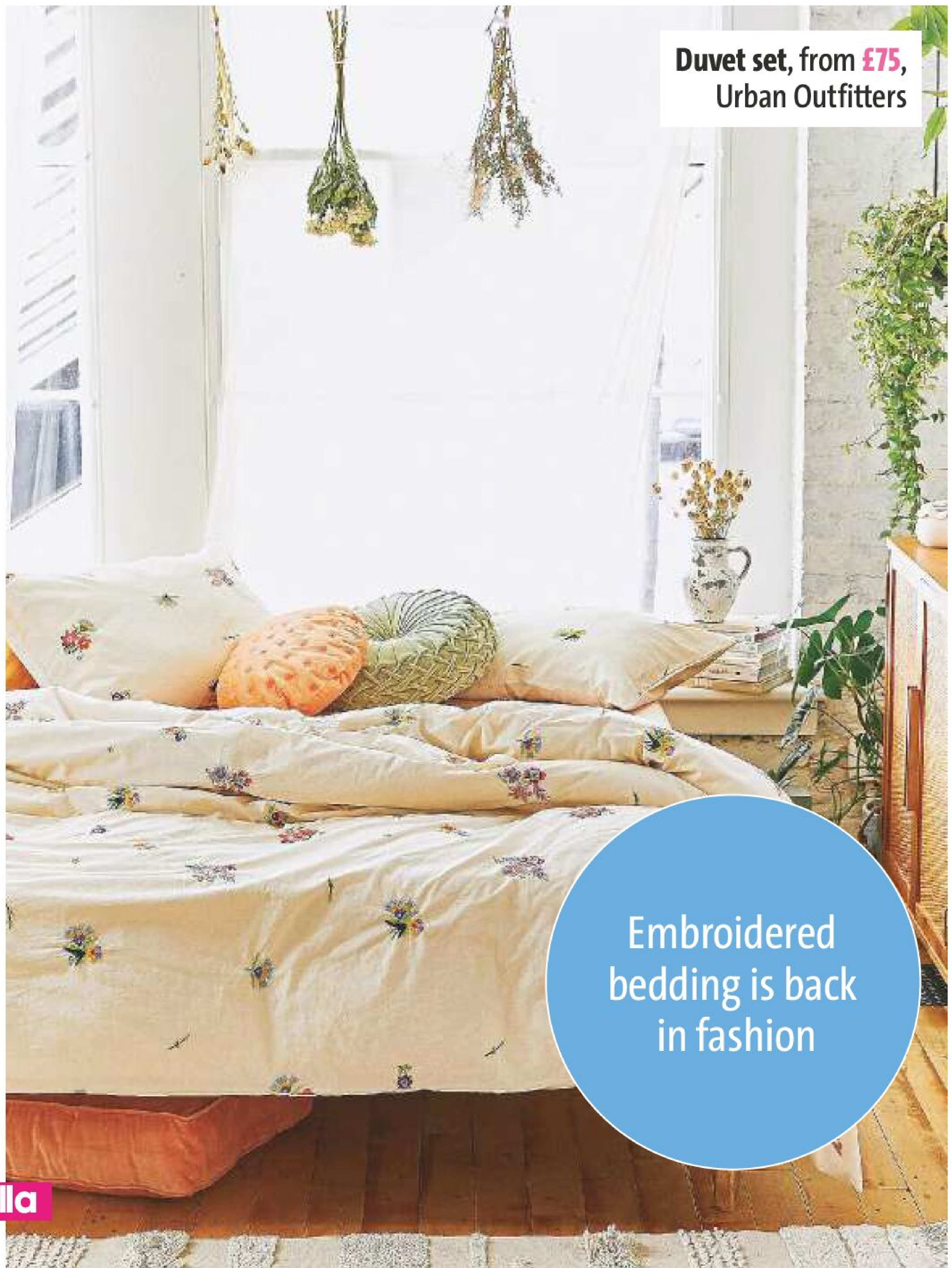
Pretty CHIC

Dreamy bedrooms that blend comfort and style

Diffuser, Primark, £3

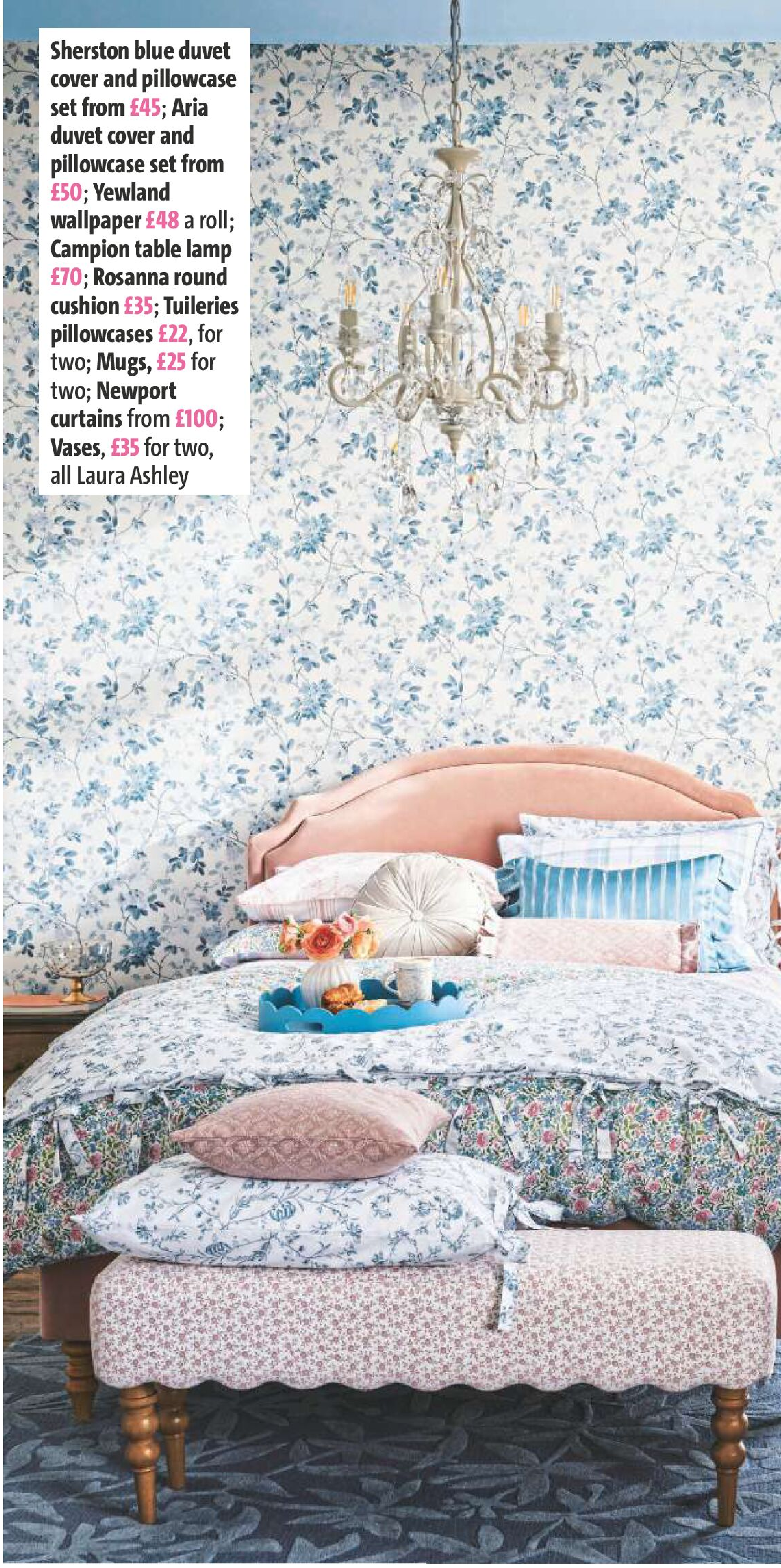
Cushion, rucomfybeanbags.com, £29.99

Pot, TKMaxx, £9.99



Duvet set, from £75, Urban Outfitters

Embroidered bedding is back in fashion



Sherston blue duvet cover and pillowcase set from £45; **Aria duvet cover and pillowcase set from £50**; **Yewland wallpaper £48** a roll; **Campion table lamp £70**; **Rosanna round cushion £35**; **Tuileries pillowcases £22**, for two; **Mugs, £25** for two; **Newport curtains** from **£100**; **Vases, £35** for two, all Laura Ashley

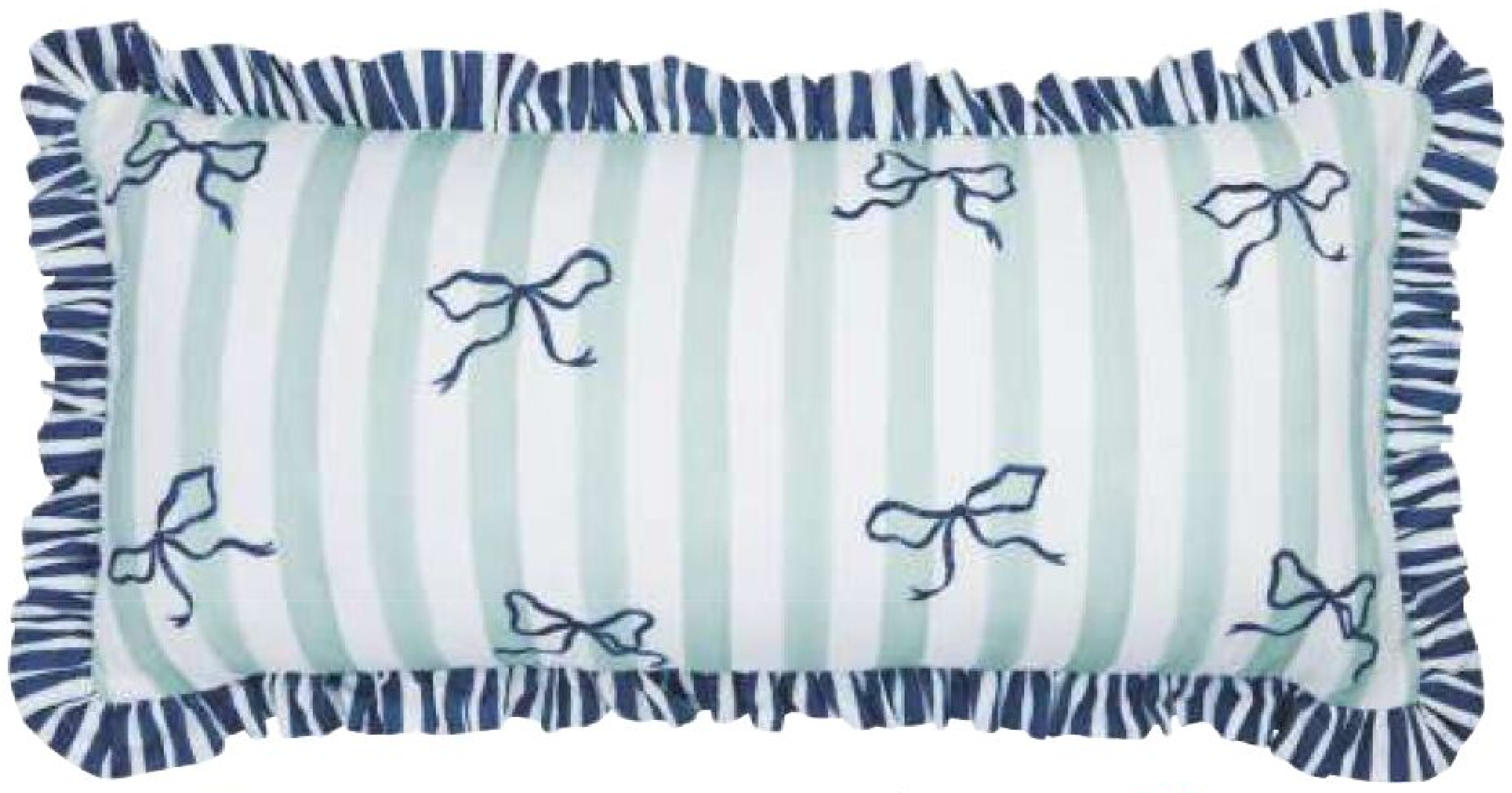
JARDIN BOTANIQUE

Jardin Botanique print, Poster Store, £10.95

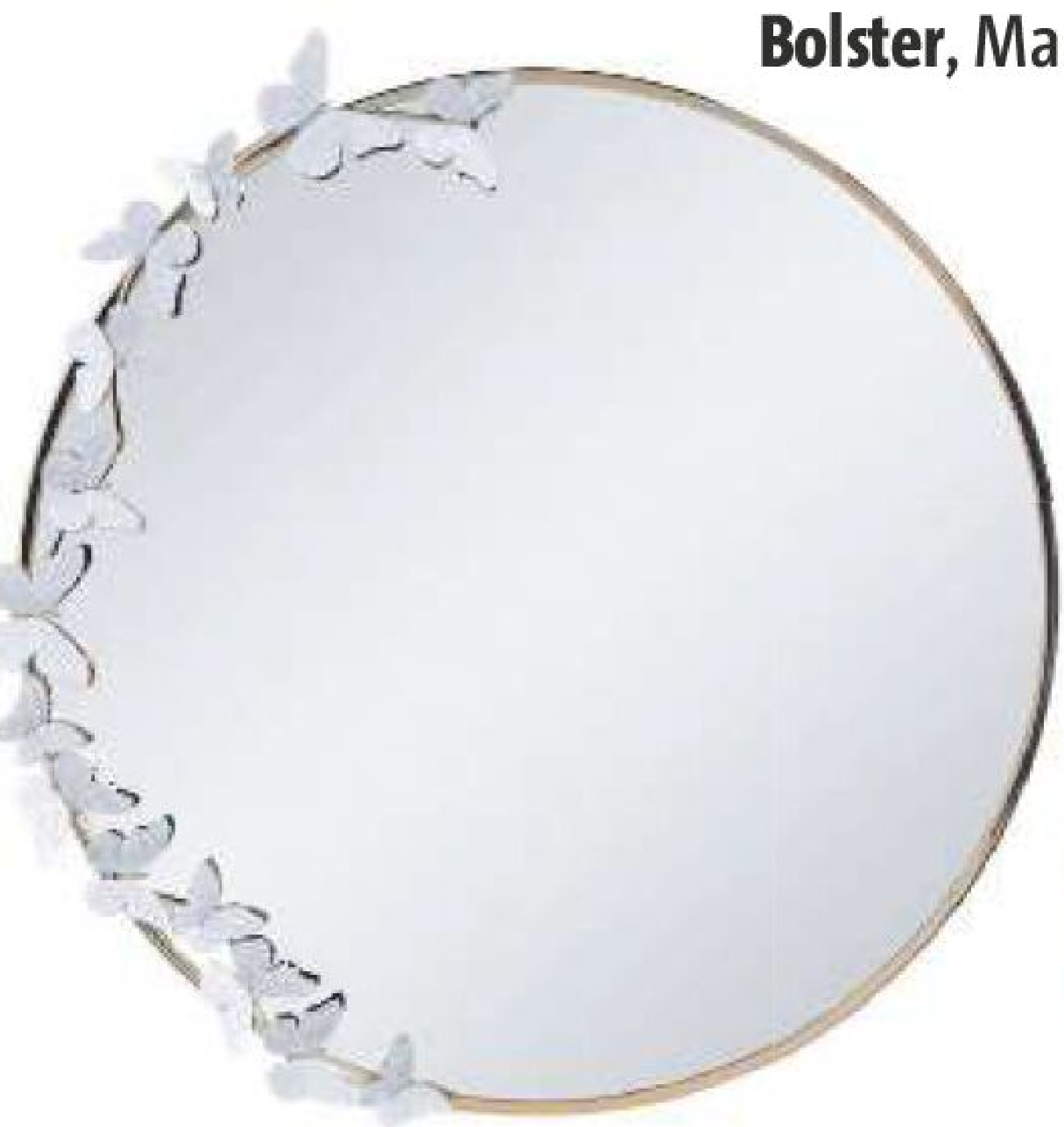
Table mirror, Oliver Bonas, £49.50

By Zoe Bishop

Mix and match large and dainty prints in the bedroom

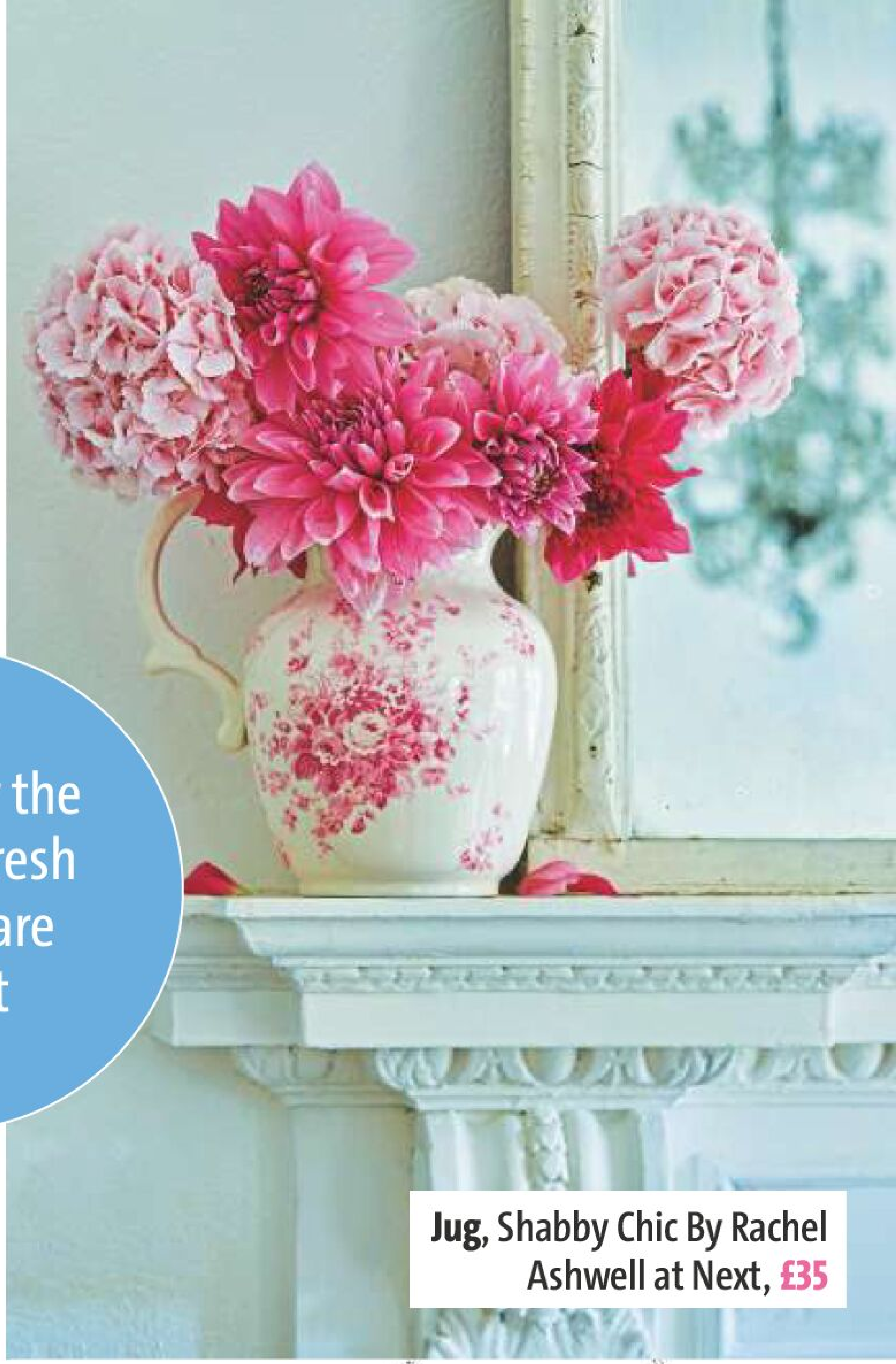


Bolster, Marks & Spencer, £20



Mirror, Next, £70

Whatever the season, fresh flowers are a must



Jug, Shabby Chic By Rachel Ashwell at Next, £35

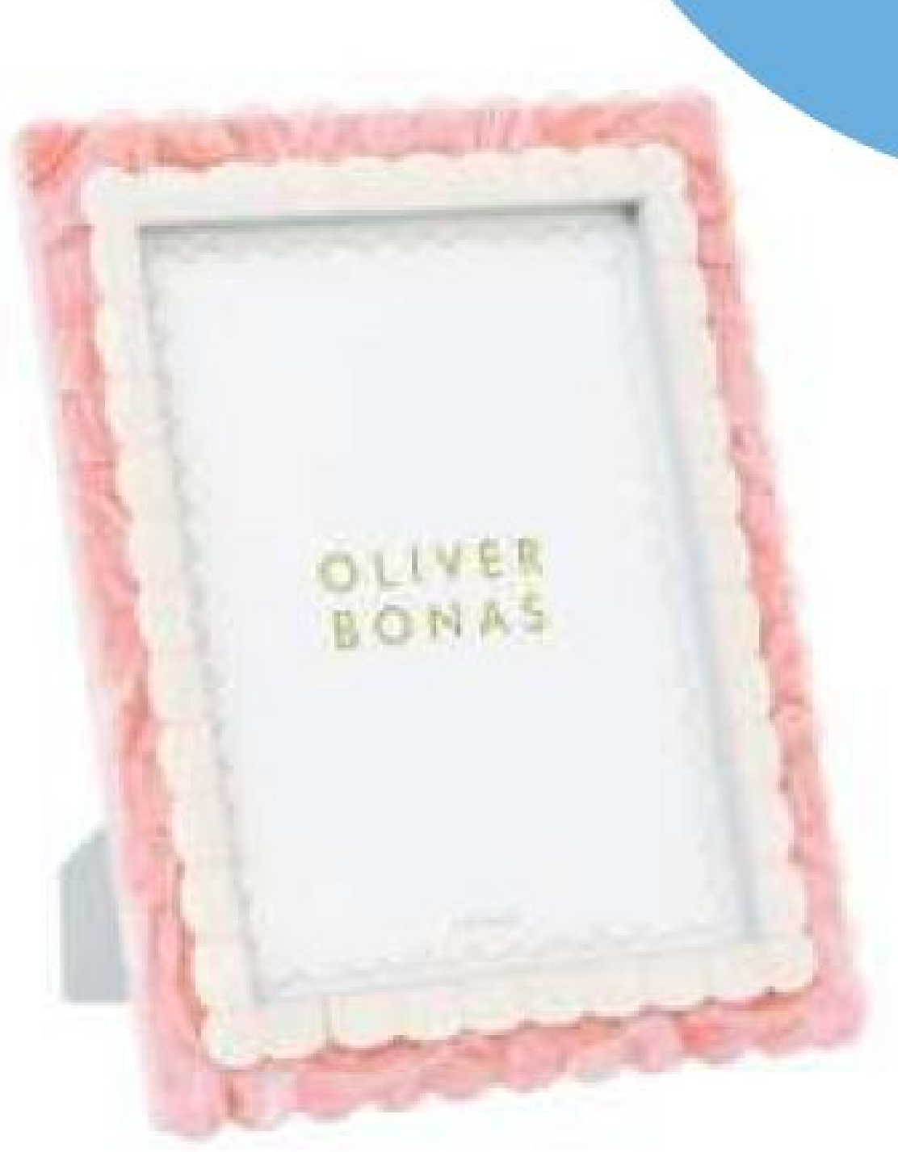
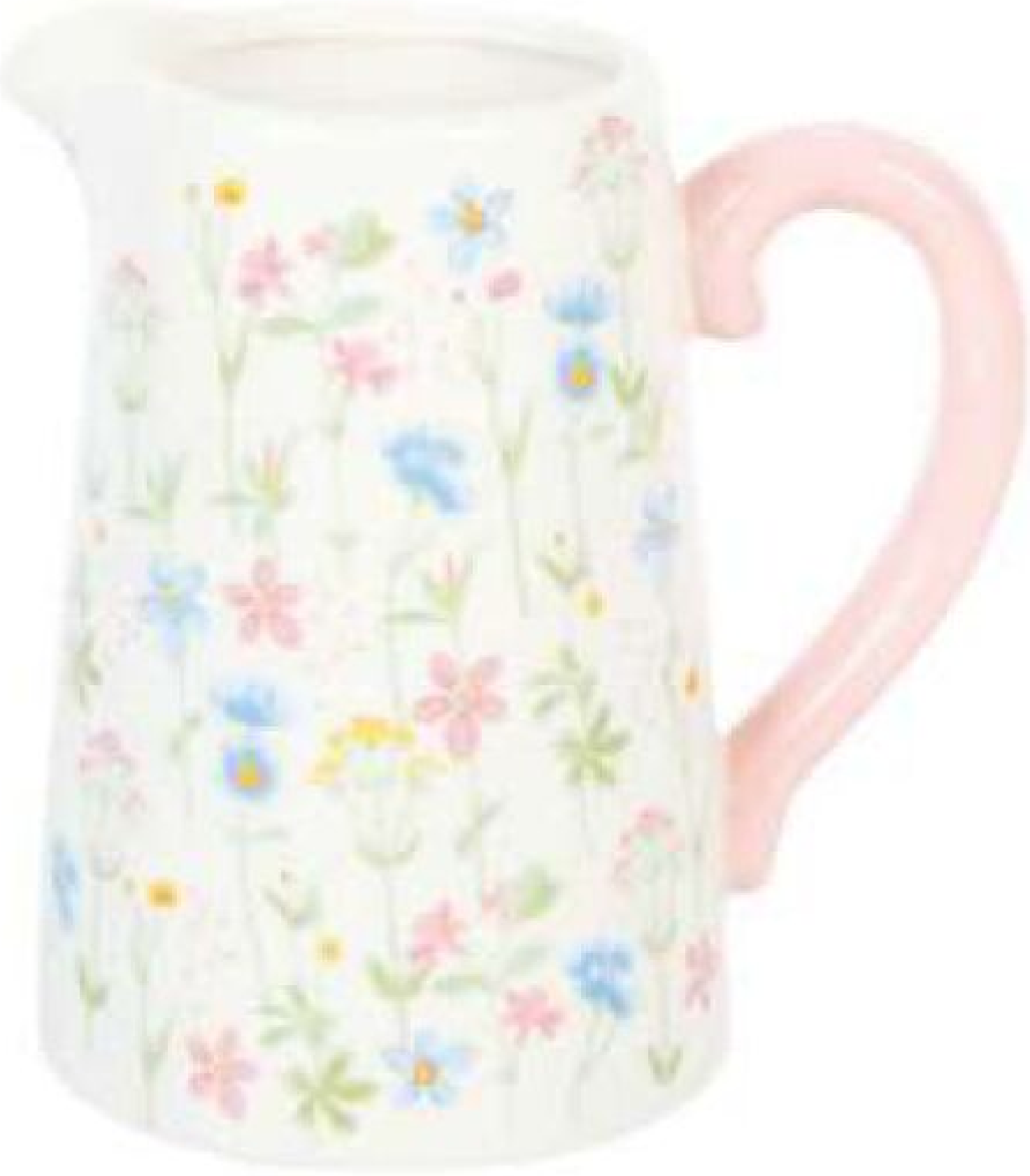
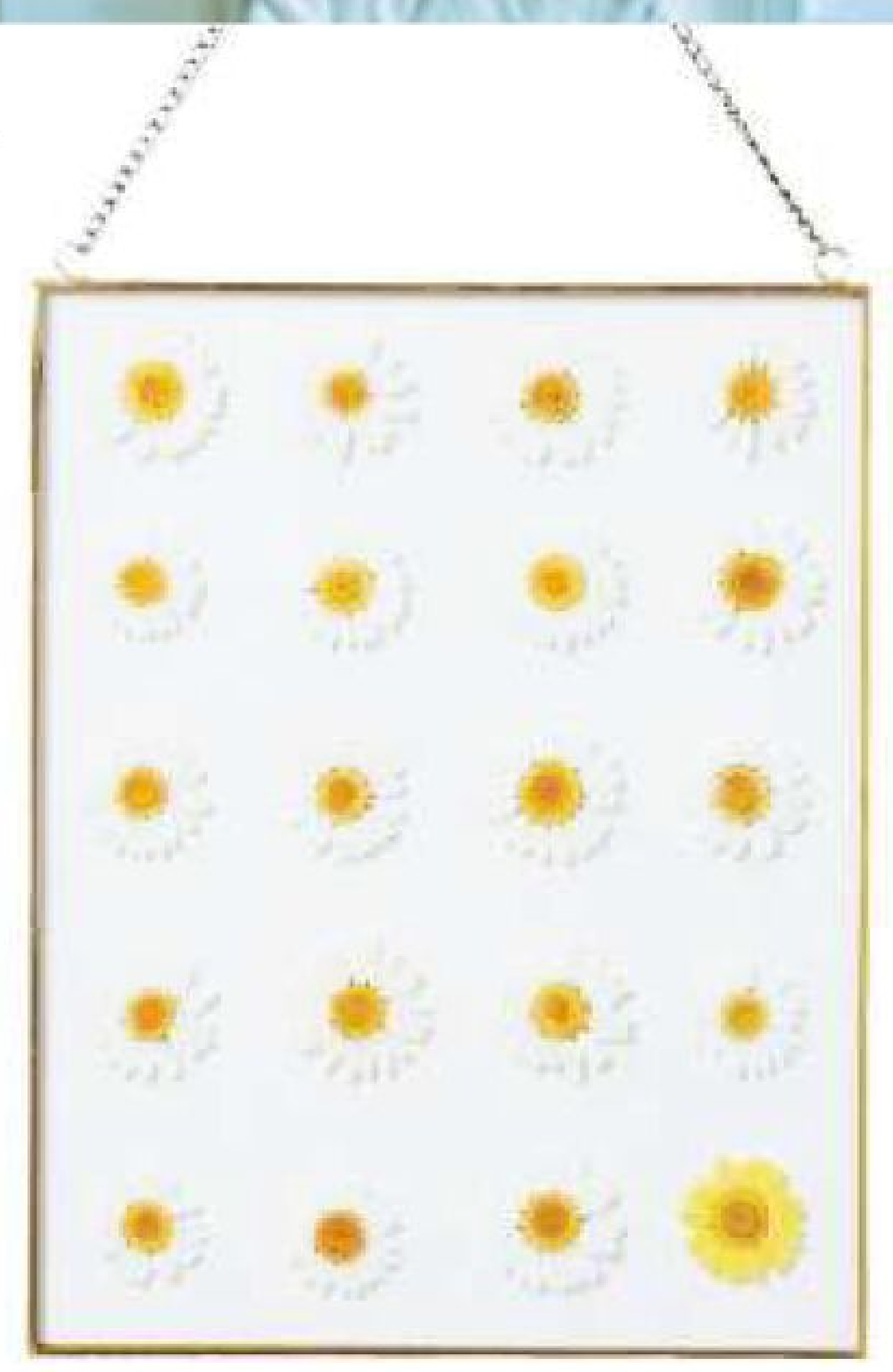


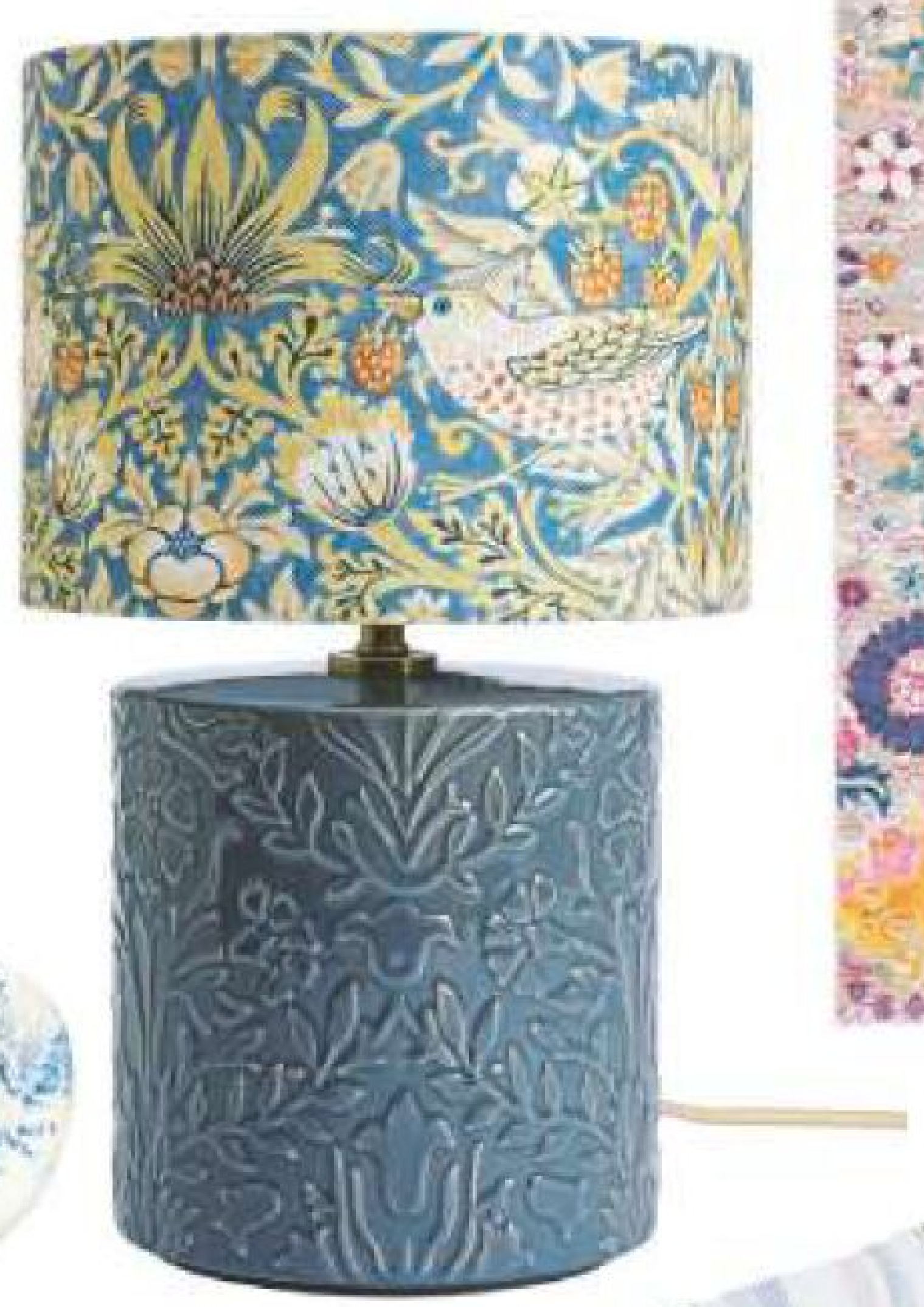
Photo frame, Oliver Bonas, £24



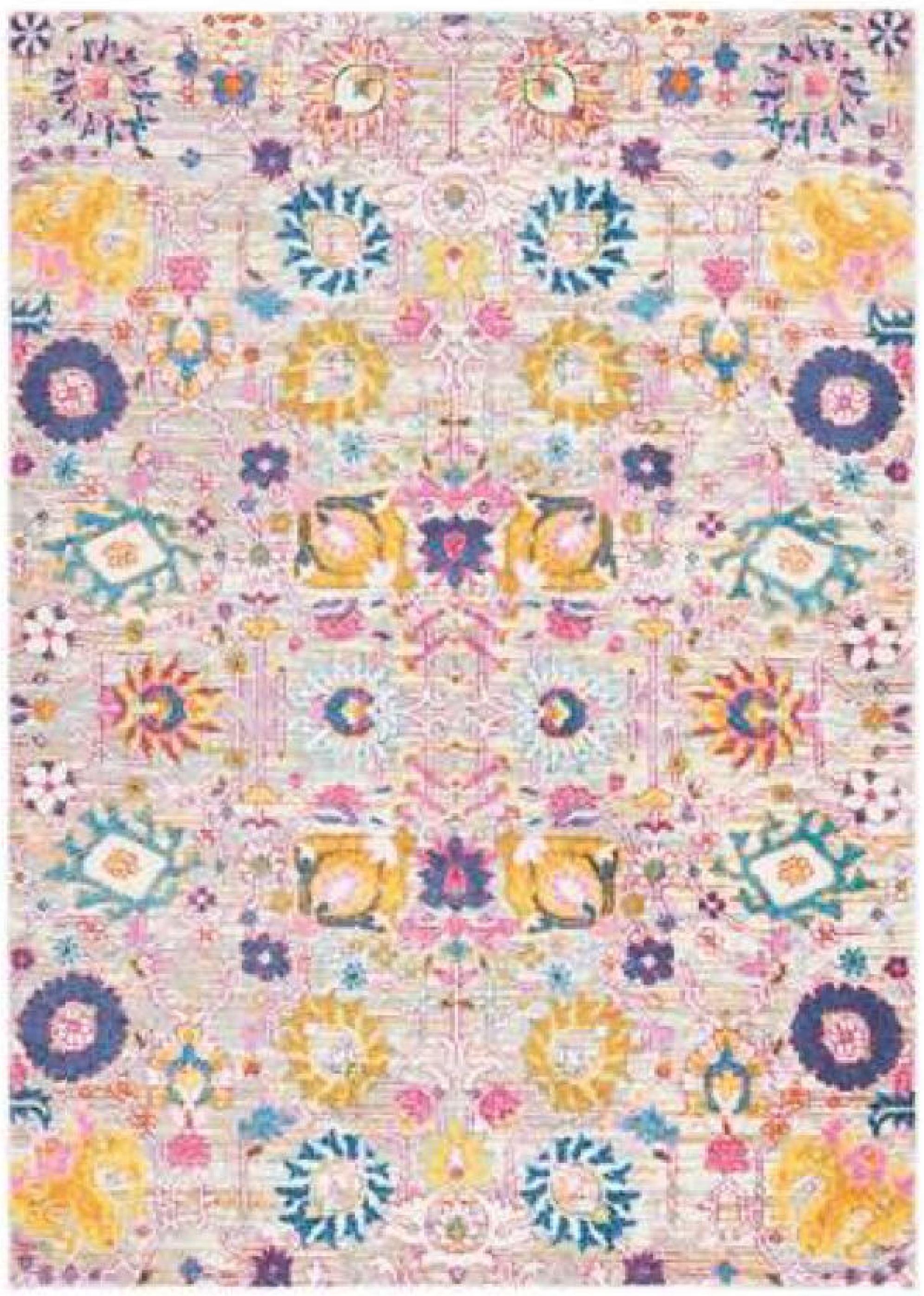
Jug, thewisteriatree.co.uk, £15.99



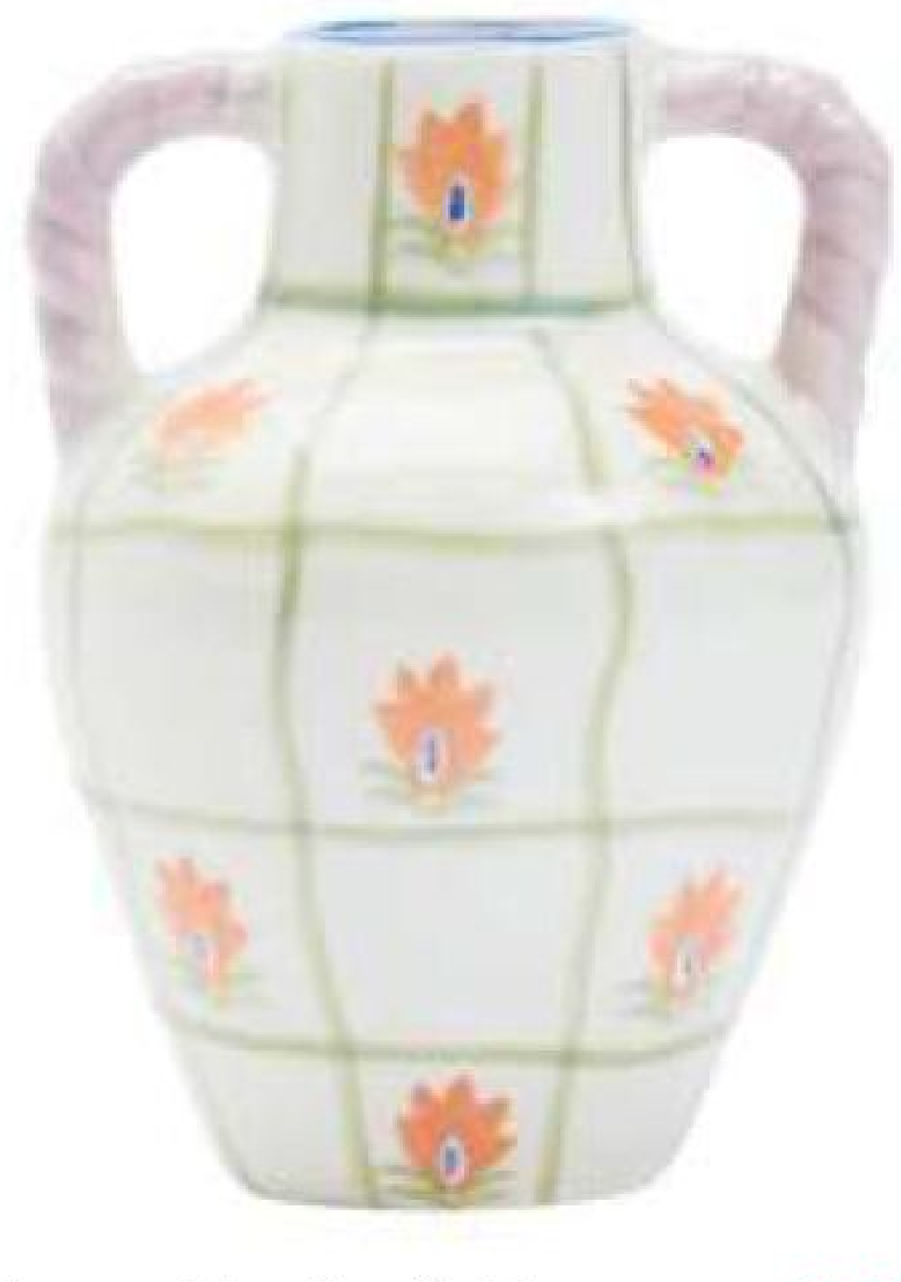
Wall hanging, Oliver Bonas, £18.50



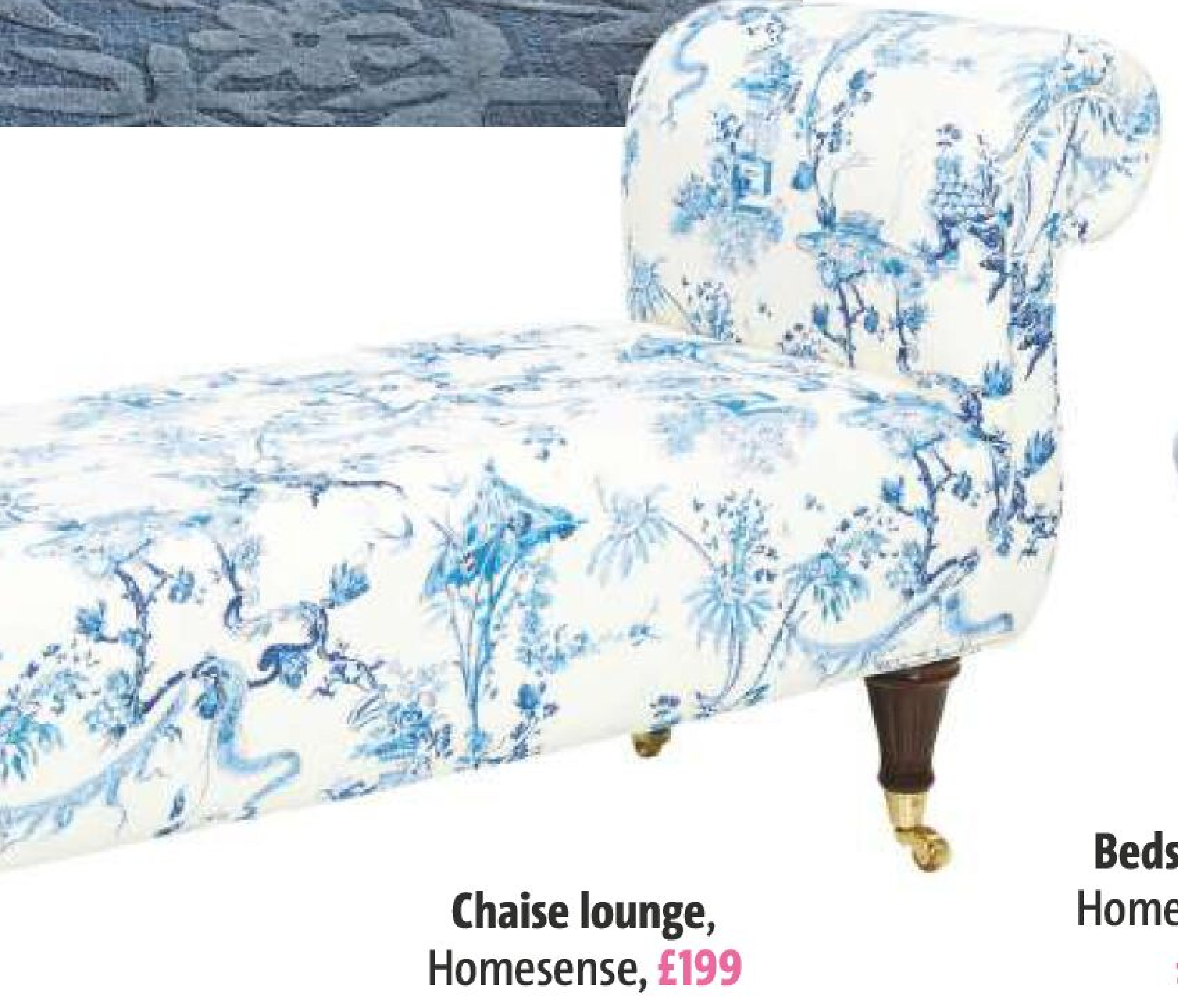
Lamp, Habitat, £45



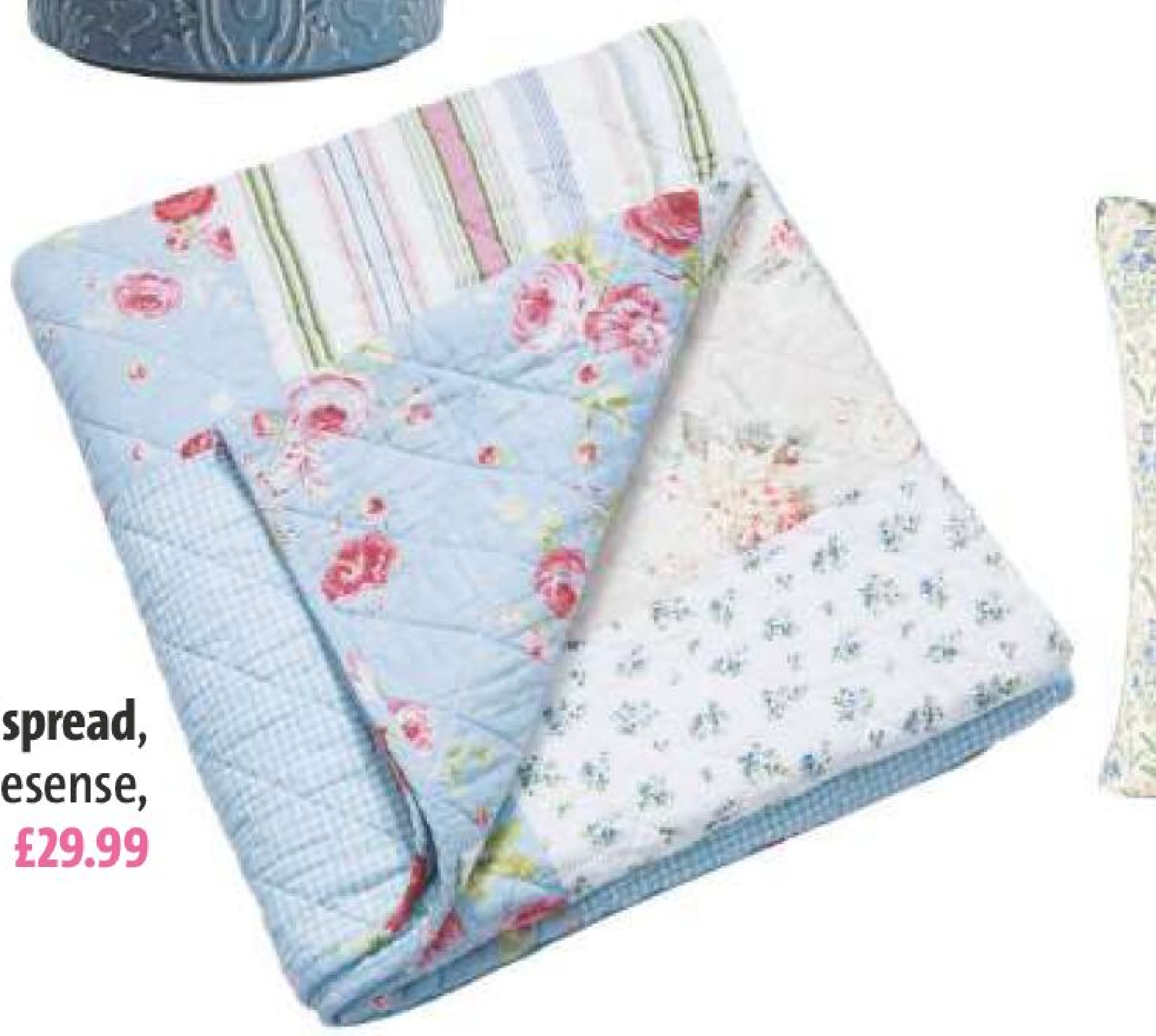
Rug, Dunelm, from £69



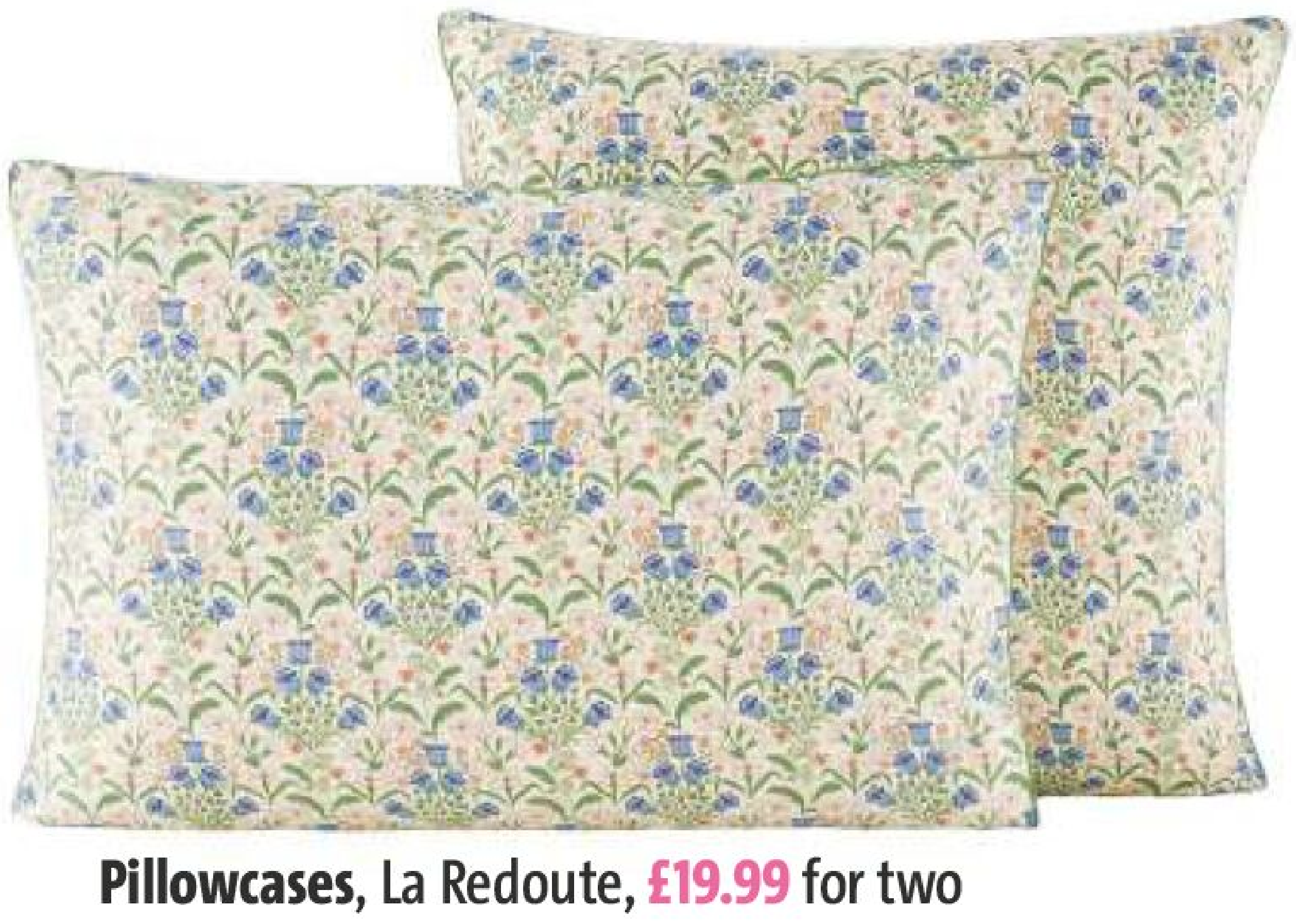
Vase, Marks & Spencer, £7.50



Chaise lounge, Homesense, £199



Bedspread, Homesense, £29.99



Pillowcases, La Redoute, £19.99 for two

Grow *and* glow

How a potter in the garden could do wonders for your health

See your plants come to life

King Charles has been dubbed the 'Green King' thanks to his long-standing love of gardening, and Kate Middleton is equally green-fingered, designing a children's garden for the 2019 Chelsea Flower Show. But whether you know your way around the garden or not, the hobby is worth the effort when it comes to your immunity, mental health and even your digestion.

Support your gut

When it comes to gut health, reaching for your trowel is one of the best things you can do. 'One study from the University of Illinois Urbana-Champaign compared families who regularly gardened with those who didn't and found that the green-fingered families had a more diverse range of gut microbes,' says Dr Megan Rossi, a gut health scientist and best-selling author (theguthealthdoctor.com, @theguthealthdoctor).

'A more diverse gut microbiome is linked to better overall health, as these microbes play a key role in digestion, immunity, and even mental wellbeing. Research shows that greater gut diversity is linked to a reduced risk of up to 70 chronic conditions, including heart disease and Type 2 diabetes.'

> 'It's a great activity for grandkids'

Get your hands dirty

As well as the benefits of the plants themselves, time spent without your gardening gloves on can improve your health. 'A study

King Charles is a keen gardener

The benefits are even greater if it's a social hobby

from the University of Tampere found that people who got their hands dirty in soil – simply running their hands through a bag of soil and plant material for 20 seconds, three times a day before rinsing with tap water (without soap) – had a more diverse range of gut bacteria after two weeks compared to those who didn't,' says Dr Rossi. There is a caveat when it comes to soil quality, however. 'Some fertilisers and chemicals used in gardening can be harsh on our gut health, so opting for natural alternatives where possible is a better choice.'

While younger children need to be supervised, and those with suppressed immunity might need to exercise caution, it's generally a great activity for grandchildren too. 'For most children, spending time in the garden, getting their hands dirty and exploring nature is a great way to support their gut health and overall wellbeing,' says Dr Rossi.

Improve mood

Gardening has long been associated with better mood and lower stress. 'Mentally, gardening is really good, because it supports us to get into a future state – when you plant a seed, you get the anticipation and when it grows you get a boost from the success,' says Ben Thomas, CEO of Thrive, a national gardening for health charity that supports people with disabilities, ill health or who are disadvantaged (thrive.org.uk).

The benefits come from various areas: the gentle exercise, the time spent in nature, and even the potential community engagement, if you garden alongside others. Ben has seen its impact through his work with the charity, with 95% of people accessing Thrive's social and therapeutic horticulture programmes saying it improved their mental and physical health. 'Exposure to plants has been shown to boost happiness, productivity, concentration and improve symptoms of dementia,' he adds.

Start growing

You don't have to commit hours to digging and pruning to see a change. 'Just 15 minutes a day in nature is enough to boost your mood and physical health,' says Ben. 'For many of us, just taking a short break will make a big difference. People can take a few moments to notice plants – when you go for a walk, look out for what is in flower.' You can download Thrive's Cultivating Wellbeing app (£2.49 per year) to help you plan your garden and track your progress, or visit thrive.org.uk/get-gardening for advice.

Don't have a garden? Potting up a few plants for your windowsill can still help your health. 'You don't need a big garden to reap the benefits – planting herbs, rubbing your fingers in the soil, and touching plants all help expose you to beneficial microbes. Even after washing your hands, microscopic microbes still make their way through and can support your gut diversity,' says Dr Rossi.

Essentially, you don't need to overthink it, points out Ben. 'One of the great things about gardening is that you don't really have to think about the health benefits to actually get the health benefits. Just getting out in the garden and doing a little bit every couple of days will certainly have a positive impact.'

> '15 minutes in nature will boost your mood'

Crouching can boost your balance

BODY BENEFITS

Pottering around in your garden – whether pulling up weeds, replanting, or mowing the lawn – is all great physical movement. 'Gardening, planting, removing or tending to plants can be considered exercise, burning up to 200 calories in a 30-minute stint,' says Thomas. Plus, it's low impact, which is good for joints (although a garden kneeler goes a long way for sore knees!) and means it's particularly good for people with chronic health conditions or limited mobility. It's also a type of 'functional fitness', in other words, increasing strength by performing useful, day-to-day movements such as bending, stretching and lifting. Who needs a gym membership?

By Lizzy Dening, **Pictures** Shutterstock, Alamy

Autumnal woodland retreats

Explore the UK's most atmospheric forests as the season changes

Forest of Dean, Gloucestershire

Squirrel's Nest Treehouse in the Forest of Dean is a cosy hideaway that looks straight out of a fairy tale. Perched above a wildlife pond and reached by a spiral staircase, it combines modern comfort – well-equipped kitchen, walk-in shower, wood-burner – with immersive nature. Outside, you can relax in the hot tub or cook on the wood-fired pizza oven, and unwind by the firepit as dusk falls. There is wildlife everywhere, including ducks, deer, squirrels and even wild boar. Ideal for a peaceful weekend escape, the treehouse is in close proximity to local pubs, walks, sculpture trails and Clearwell Caves.

● **Prices for a one-night stay start at £105pp based on two people sharing. Book at canopyandstars.co.uk**

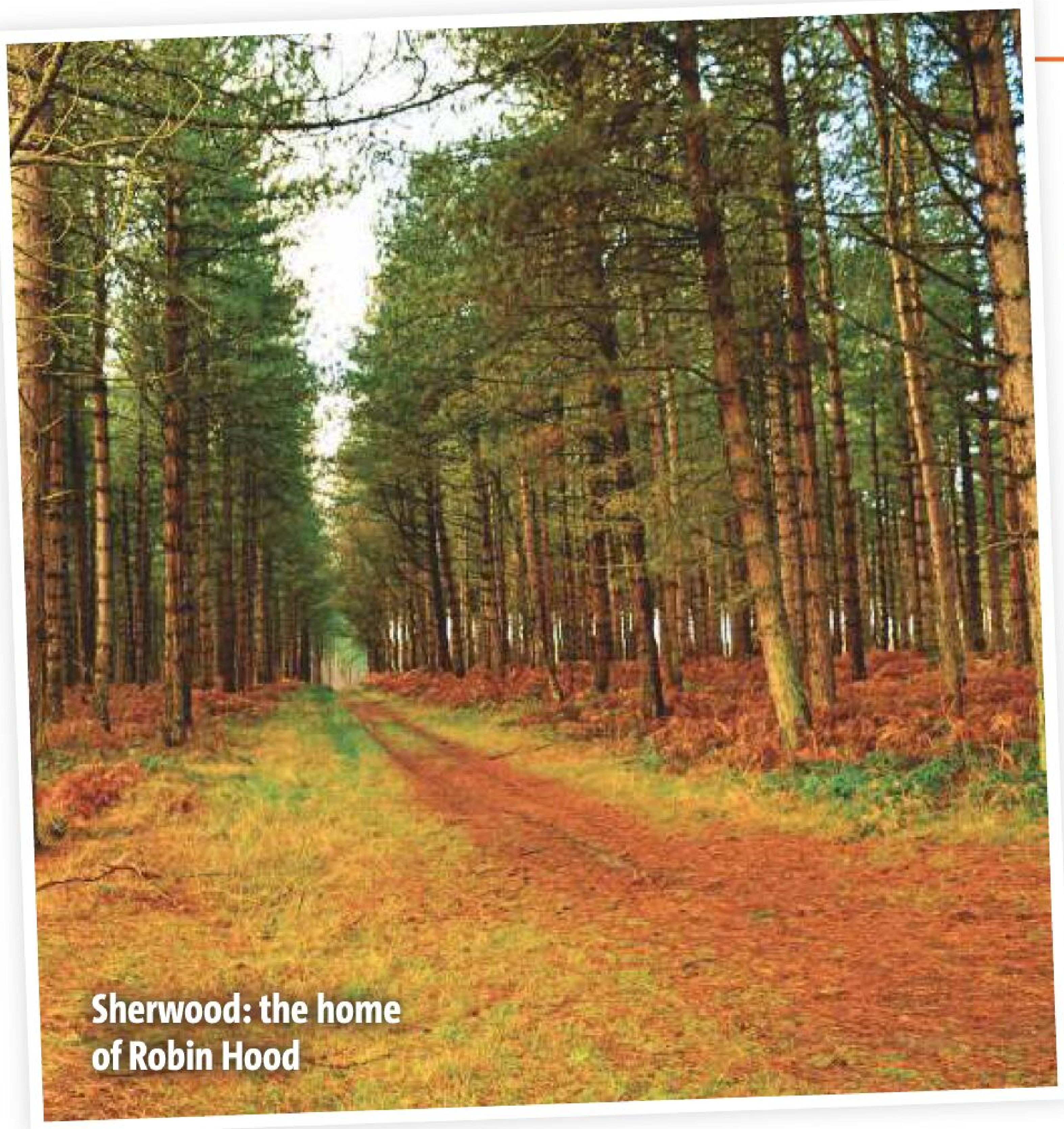
Spot the wild ponies

New Forest, Hampshire

Little Patch is a stylish three-bedroom holiday home in the New Forest village of Mockbeggar. Ideal for up to six guests, the dark timber-clad and oak-framed lodge is nestled amid woodlands with wild ponies and deer grazing nearby. Inside, it's beautifully styled with natural textures and airy living spaces including a cosy fire-lit lounge, open-plan kitchen, and separate annexe for evenings or games. Outside, a wrap-around veranda and terrace offer al fresco dining with barbecue facilities, surrounded by oak canopy views and wildflower meadows. Little Patch is dog-friendly and provides direct access to forest walks.

● **Prices for a one-night stay start £130pp based on four people sharing. Book at newforestescapes.com**

Surrounded by wildlife



Sherwood: the home of Robin Hood

Sherwood Forest, Notting-hamshire

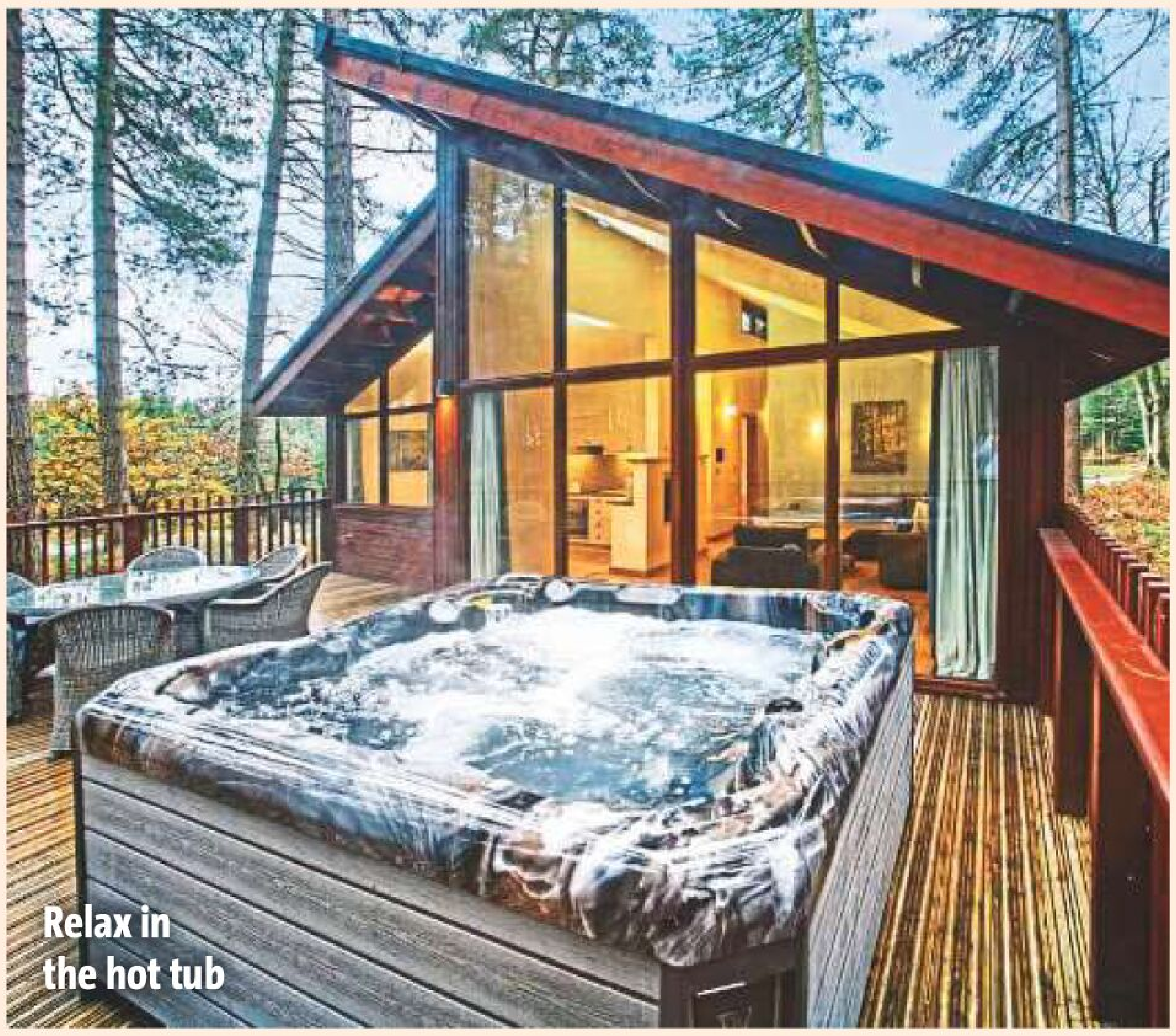
The Golden Oak Treehouse in Sherwood Forest is a luxurious retreat for up to 10 guests, blending a spacious four-bed cabin with a treehouse pod linked by a rope bridge. Set within the forest's legendary 3300 acres – home to the tales of Robin Hood – it offers miles of walking and cycling trails through ancient oaks and tranquil pine woodland. At the treehouse, enjoy a hot tub, log burner, gas barbecue and stylish earthy interiors. Bedrooms include two doubles and four twins in the main lodge, plus a double with ensuite in the treehouse pod. Perfect for exploring this historic forest while relaxing in comfort among nature's beauty.

- **Prices for a one-night stay start at £88.75pp based on four people sharing. Book at forestholidays.co.uk**

Delamere Forest, Cheshire

Tucked away in the heart of Delamere Forest, the Silver Birch lodge offers a tranquil woodland retreat for up to four guests. The forest spans over 2400 acres of ancient woodland, scenic walking trails and serene lakes, perfect for hiking, cycling and wildlife spotting. The lodge features two bedrooms – one double with ensuite shower and one twin – plus a family bathroom. Inside, enjoy a fully equipped kitchen, cosy lounge with flat-screen TV, and heating throughout. Outside, relax on the private decking, soak in the hot tub, or enjoy alfresco dining.

- **A one-night stay starts at £52.50pp based on two people sharing. Book at hoseasons.co.uk**



Relax in the hot tub

Rustic charm

Ashdown Forest, Sussex

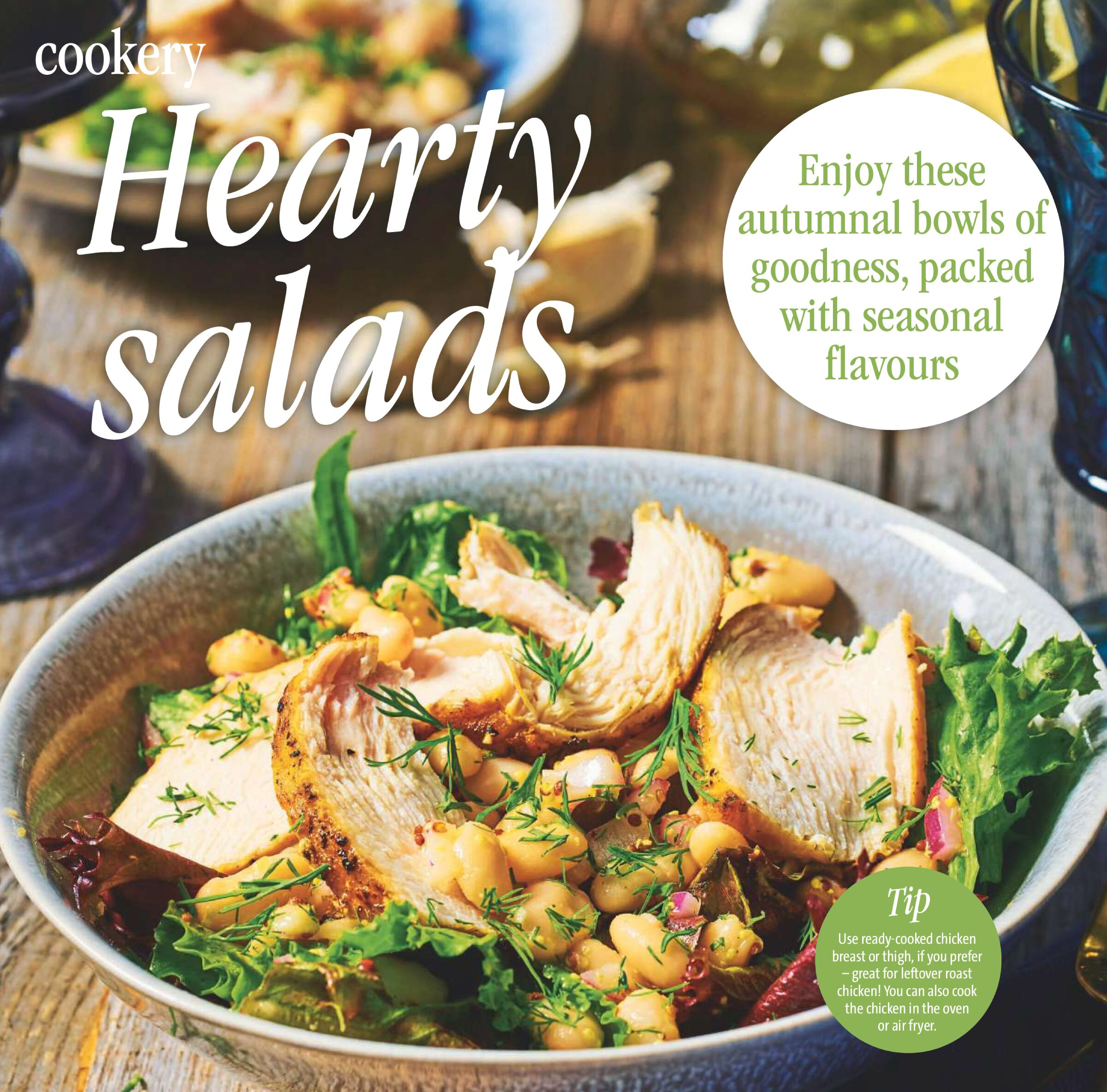
Located in Forest Row on the doorstep of Ashdown Forest, Lark Cabin is nestled beside its own private orchard garden. This tranquil retreat comes with a large front deck – the perfect spot for relaxing, and has a gate with direct access to Ashdown Forest and the Royal Ashdown Golf Course. Inside the cabin, enjoy warm, rustic charm combined with modern comforts and views of greenery from every window. Whether you're seeking nature walks, golfing, or simply a serene escape in the Sussex countryside, this cabin offers memorable experiences in a truly relaxing setting.

- **Prices for a one-night stay start at £58.50pp based on two people sharing. Book at airbnb.co.uk**

By Lucy Brown, **Pictures** Shutterstock

Hearty salads

Enjoy these autumnal bowls of goodness, packed with seasonal flavours



Tip

Use ready-cooked chicken breast or thigh, if you prefer – great for leftover roast chicken! You can also cook the chicken in the oven or air fryer.

Bean & chicken

Serves 4 *Takes* *20min, plus resting*

- **2 chicken breast fillets (see Tip)**
- **Salt and freshly ground black pepper**
- **3tbsp olive oil**
- **1 garlic clove, peeled and finely chopped**
- **1tbsp wholegrain mustard**
- **Zest and juice of 1 lemon**
- **2tbsp freshly chopped dill, plus extra to garnish**
- **2 × 400g can butter beans, drained and rinsed**
- **100g mixed salad leaves**
- **1 small red onion, peeled and finely chopped**

1 *Season the chicken breasts with salt and pepper. Heat 1tbsp of the olive oil in a frying pan over a medium-high heat and fry the chicken for 10min on both sides until browned and cooked through. Allow to rest for 5min, then slice.*

2 *In a large bowl, mix together the garlic, mustard, lemon zest and juice, the remaining oil and the dill. Add the butter beans, salad leaves and red onion, and mix to combine.*

3 *Divide the butter bean mixture between 4 serving bowls and top with the chicken. Garnish with extra freshly chopped dill, if liked.*

Parsnip & lentil

Serves 4 Takes 50min

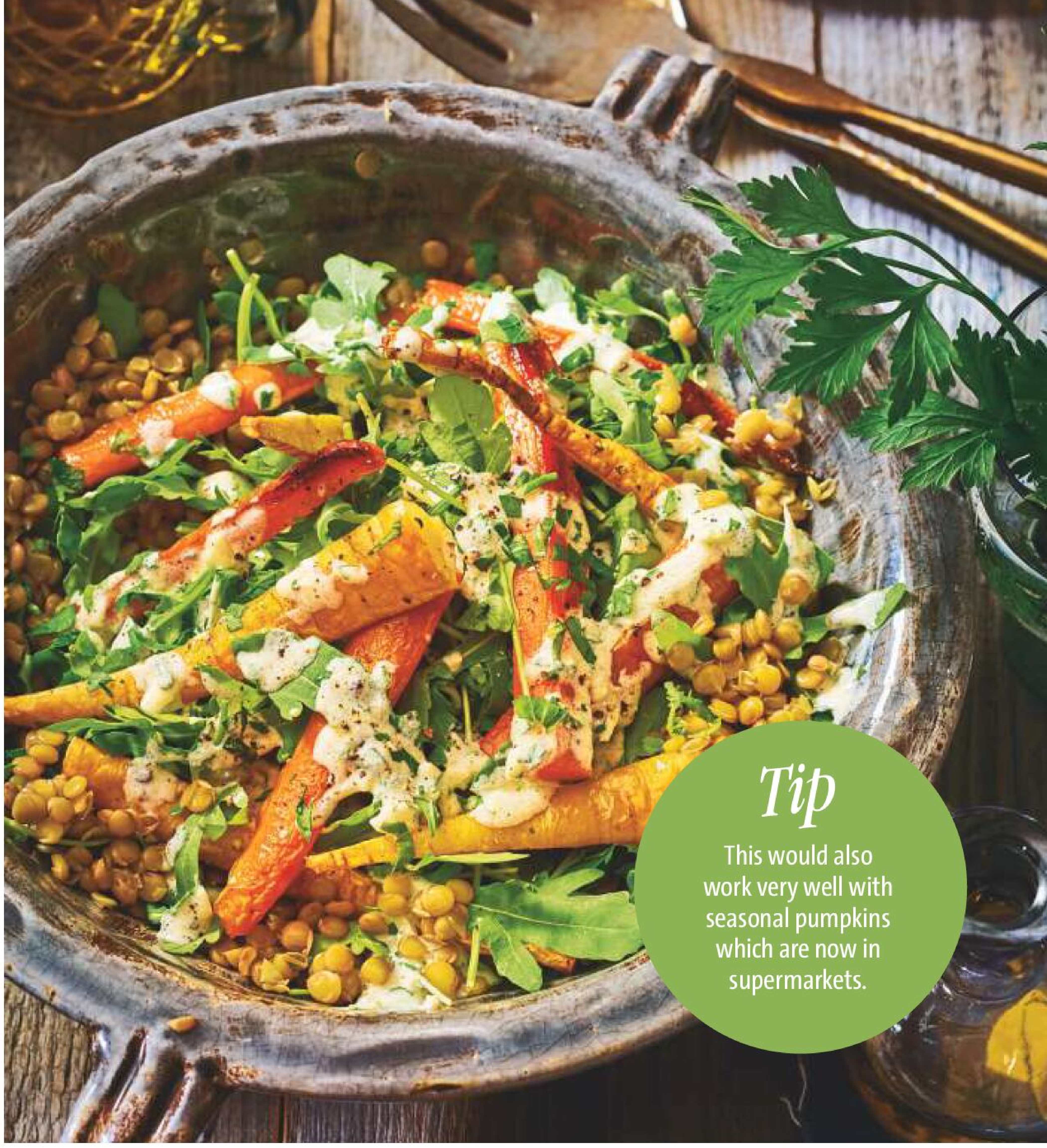
- 4 carrots, trimmed and cut into quarters lengthways
- 2 large parsnips, trimmed and cut into eighths lengthways
- 2tbsp olive oil, plus extra for drizzling
- Sea and freshly ground black pepper
- 1tbsp honey
- 150g green lentils, rinsed and drained
- 1/2 garlic clove, peeled and finely chopped
- 1tbsp fresh flat-leaf parsley, finely chopped, plus extra sprigs to garnish
- 100g natural yogurt
- 1tbsp white wine vinegar
- 120g rocket

1 Preheat the oven to 200°C/fan 180°C and place the carrots and parsnips on an oven tray. Drizzle with a little olive oil and season with salt, then roast for 25-30min until tender. Drizzle the carrots and parsnips with the honey.

2 Meanwhile, place the green lentils in a saucepan and cover with 600ml cold water. Bring to the boil over a high heat and cook for 10min, then reduce the heat to a simmer and cook for 30min or until tender. Drain, then refresh under cold water until cold.

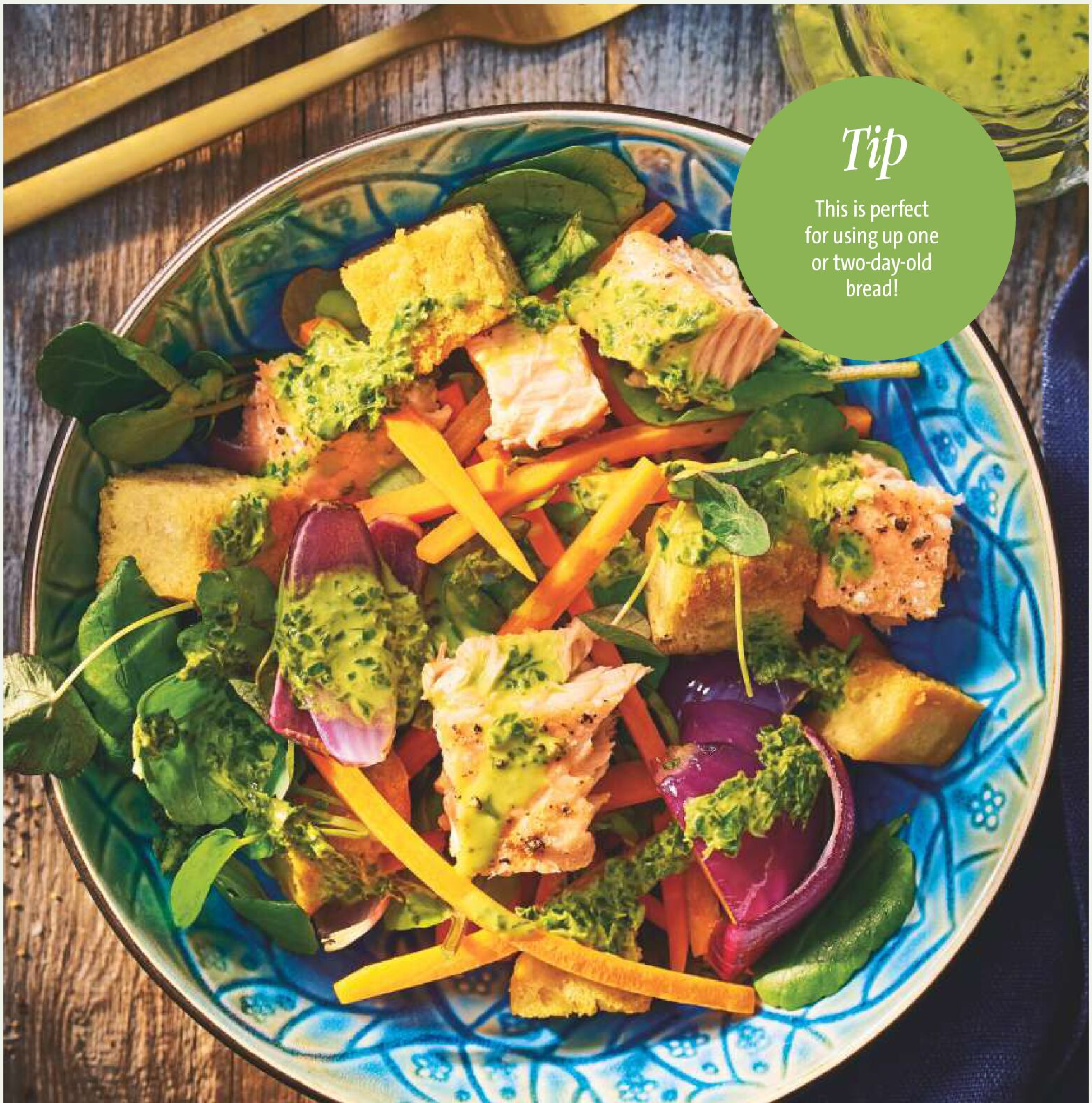
3 In a jug, combine the garlic, parsley, yogurt, white wine vinegar and the 2tbsp of olive oil. Season with salt and pepper and whisk well.

4 Divide the rocket and lentils between 4 serving bowls and top with the carrots and parsnips. Drizzle with the dressing, garnish with the extra parsley, and serve.



Tip

This would also work very well with seasonal pumpkins which are now in supermarkets.



Tip

This is perfect for using up one or two-day-old bread!

Salmon & bread

Serves 2 Takes 35min

- 4tbsp olive oil, plus extra for greasing
- 2 salmon fillets
- 4 garlic cloves, unpeeled
- 1 red onion, peeled and quartered
- Salt and freshly ground black pepper
- 200g crusty bread or sourdough, cut into large cubes (see Tip)
- 100g watercress
- 2 carrots, peeled and thinly sliced
- Juice of 1 lemon
- 20g fresh basil leaves

1 Preheat the oven to 180°C/fan 160°C and grease a large roasting tray. Place the salmon fillets, skin-side down, in the tray and scatter the garlic and red onion around. Drizzle with 2tsp of the olive oil and season with salt and pepper. Bake for 10min.

2 Add the bread to the tray and drizzle with 2tsp olive oil. Bake for 10min until the salmon is cooked through and the bread is golden. Cut the salmon into large chunks, and remove the skin and discard.

3 In a large bowl, toss together the watercress, carrot, salmon, bread, red onion and garlic.

4 In a blender, blitz the remaining olive oil, lemon juice and basil until smooth. Dress the salad with the basil dressing, then serve.

By Hayley Merrick **Recipes** Liz O'Keefe **Pictures** House of

Warming crumbles

Make the most of juicy seasonal fruit by creating yummy puds with a twist of spice

Spiced plum crumble

Serves 8 Takes 55min, plus standing

- 1.7kg plums, stoned and halved (see Tip)
- 1tsp ground cinnamon
- 50ml red wine
- 200ml cold water
- 120g unsalted butter, chilled and cubed, plus 25g extra, melted
- 150g dark brown soft sugar
- 300g plain flour
- 1tsp mixed spice
- ½tsp sea salt
- 100g pecans, finely chopped
- 1 egg, lightly beaten

1 *Place the plums, cinnamon, red wine, cold water, 20g of the chilled butter and 50g of the sugar in a large saucepan and bring to the boil over a high heat. Lower to a simmer and cook for 15-20min, stirring regularly, until the plums are softened, and the liquid has reduced. Transfer to a 25cm round ovenproof dish.*

2 *Preheat the oven to 200°C/fan 180°C. To make the topping, combine the remaining chilled butter and sugar, the flour, mixed spice and salt in a large bowl. Using your fingertips, rub the butter into the dry ingredients, then mix in the pecans and egg.*

3 *Sprinkle the crumble mixture over the plums and drizzle over the extra melted butter. Bake for 15-20min until golden and bubbling. Allow to stand for 5min, then serve with vanilla ice cream or custard, if liked.*

Tip

Use half plums, half apples as an alternative.

Tip

Prepare the apples the day before and leave, covered, in the fridge overnight.

Crumble-topped fruity yogurt pots

Serves 4 Takes 1hr, plus cooling

- 5 red eating apples, cored and chopped
- 170g dark brown soft sugar
- 120g unsalted butter
- Juice of ½ a lemon
- 1tsp ground cinnamon
- 100g plain flour
- 50g oats
- 1tsp ground nutmeg
- 175ml double cream
- 175g natural Greek style yogurt

1 *Preheat the oven to 200°C/fan 180°C fan and line an oven tray with baking paper. Place the apples, 70g of the sugar, 20g of the butter, the lemon juice and 150ml cold water in a saucepan and bring to the boil over a high heat. Lower to a simmer and cook for 25min until the apples are soft. Set aside to cool (see Tip).*
2 *In a large bowl, combine the cinnamon, flour, oats, nutmeg and remaining 100g of the sugar. In a microwaveable dish, heat the remaining butter in 30sec bursts, until melted. Mix the butter into the dry ingredients until completely combined. Transfer the mixture to the prepared oven tray and spread out into a thin layer. Bake for 10min, then break up the mixture so it resembles crumble. Bake for further 5-10min until golden.*
3 *Using an electric mixer, beat the double cream in a bowl for 3-4min in a bowl until thickened, then stir in the yogurt.*
4 *Divide half of the apple mixture between the bottom of 4 serving glasses or clean jars. Top with half of the cream mixture. Spoon approx 3tbsp of the crumble topping into each glass. Repeat the layers with the remaining ingredients. Serve or chill until ready to serve.*

Continued over the page...

Apple & cinnamon crumble muffins

Makes 12 Takes 1hr, plus cooling

- **3 eating apples, cored, peeled and cubed**
- **100g caster sugar**
- **300g plain flour**
- **1tsp baking powder**
- **1tsp ground cinnamon**
- **130g oats**
- **150g dark brown soft sugar**
- **2 eggs**
- **150g unsalted butter, melted**

1 *In a saucepan, combine the apples, sugar and 150ml water. Bring to the boil over a high heat, then lower to a simmer and cook for 15-20min until the apple is tender and the sauce has thickened.*

2 *Meanwhile, preheat the oven to 180°C/fan 160°C fan and line a 12-hole muffin tin with paper cases. In a large mixing bowl, combine 200g of the flour, the baking powder, ground cinnamon, 80g of the oats and all of the brown sugar. Using a wooden spoon, beat in the eggs, one at a time, then stir in the melted butter. Do not over mix – the mixture does not have to be completely smooth.*

3 *Fill the paper cases with half of the muffin mixture, then divide half of the apple mixture between the cases.*

4 *Add the remaining flour and oats to the remaining muffin mixture, then divide this between the cases. Bake for 25-30min until golden and risen. Allow to cool for 5min, then transfer to a wire rack to cool completely. Top the muffins with the remaining apple mixture, then serve.*

Spiced pear & chocolate crumble

Serves 8 Takes 50 min, plus standing

- **8 pears, halved and cored (peeled, if liked)**
- **200ml double cream**
- **400ml milk**
- **200g dark chocolate, finely chopped, plus 25g extra, unchopped**
- **100g dark brown soft sugar**
- **1tsp ground cinnamon**
- **1tsp nutmeg**
- **½tsp sea salt**
- **150g plain flour**
- **50g oats**
- **100g unsalted butter, chilled and cubed**

1 *Preheat the oven to 180°C/fan 160°C. Place the pears in a bowl and cover with boiling water. Leave to stand for 30min until softened, then drain. Arrange the pear halves in a large oven dish.*

2 *Pour the cream and milk into a saucepan and bring to the boil over a high heat. Remove from the heat and pour over the chopped chocolate in a heatproof bowl. Stir until melted and smooth. Pour mixture over the pears.*

3 *In a large mixing bowl, place the sugar, ground cinnamon, nutmeg, sea salt, flour and oats. Add the butter and rub into the other ingredients with your fingers until the mixture forms a chunky crumble. Scatter the crumble on top of the pears. Grate over the extra chocolate. Bake for 20-25min until golden. Serve the crumble straight away with crème fraiche, if liked.*

By Hayley Merrick **Recipe** Liz O'Keefe **Pictures** House of Food

Slice of heaven

This luxurious squidgy sponge is the perfect showstopper for any occasion

Tip

Add 2tbsp strong coffee to the jug in Step 1 for a coffee-flavoured sponge. Or use a coffee liqueur for a boozy kick!

Chocolate & walnut cake

Serves 8 Takes 1hr 10min, plus cooling

- 150g unsalted butter, softened, plus extra for greasing
- 120g cocoa powder
- 220g self-raising flour
- ½tsp bicarbonate of soda
- 300g caster sugar
- 240ml buttermilk
- 1tsp vanilla bean paste
- 2 eggs
- 120ml vegetable oil
- 150g icing sugar
- 90g walnuts, chopped, plus extra halves to decorate
- 100ml soured cream
- 50g dark chocolate, chopped

1 Preheat the oven to 180°C/fan 160°C. Grease and line a 20cm round tin with baking paper. Sift 60g of the cocoa powder, the flour and the bicarbonate of soda into a large bowl and mix in the sugar. In a large jug, whisk together the buttermilk, vanilla bean paste, eggs and oil, then add to the dry ingredients in the bowl. Whisk well until combined, then mix in the chopped walnuts.

2 Transfer the mixture to the tin and bake for 45-50min until a skewer inserted in the middle comes out clean. Leave to cool completely in the tin.

3 Meanwhile, using an electric mixer, beat the butter in a bowl for 4-5min until soft and fluffy. Add the icing sugar, a little at a time, whisking in between additions, until well mixed. Sift in the remaining cocoa powder and beat in until combined, then stir in the soured cream.

4 Place the chocolate in a microwaveable bowl and microwave in 30sec bursts, stirring in-between, until melted and smooth. Stir the chocolate into the buttercream, a spoonful at a time, until smooth and combined.

5 Remove the cake from the tin and place on a serving plate. Top the cake with the buttercream and decorate with the extra walnuts. Then serve straight away.

By Hayley Merrick **Recipe** Liz. O'Keefe **Picture** House of Food

BIRDS OF A FEATHER

Is it a bird? Is it a hat? The royals are taking flight with these headpieces

PRINCESS ANNE
It's fitting that the 75-year-old's fascinator draws comparisons to the fast-moving kingfisher, as Anne has long been considered one of the hardest working royals, carrying out hundreds of engagements each year.

SARAH FERGUSON
Peacocks are known for their stunning plumage and her lookalike headband helps Sarah, 65, elevate her green outfit during a public outing. Plus, the green looks amazing with her gorgeous red hair!

MEGHAN MARKLE
Keeping it casual with a knitted number, Meghan, 44, is always well-dressed – even when her hat looks a bit like a young carrion crow with fluffy feathers.

KATE MIDDLETON
Is that a white fascinator or a cockatoo that sits atop Kate's head? Either way, the stylish 43-year-old looks stunning as she takes a ride in a carriage.

PRINCESS BEATRICE
Both Princesses Beatrice and Eugenie are known for their love of quirky fascinators and this one that Beatrice, 37, wears, decorated with a bright blue rose, is similar to the plumage of a large niltava, also known as a Flycatcher.

ZARA TINDALL
Making a statement with a pop of red, the 44-year-old's fascinator is reminiscent of a silver-beaked tanager, which hails from Columbia. Even the two arrows that adorn the hat could be mistaken for feathers.

By Daisy Hall, **Pictures** Alamy

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